



## Mews & News

Summer 2009

### *Greetings!*

For our Summer 2009 issue, we are going to depart from the nutritional theme that we have been following for the last several months. Here in the clinic, we have been receiving lots of questions about diet and nutrition. Thanks for reading and taking an active interest in keeping your pets healthy!

For the next few issues, we will be tackling specific disease topics, starting in this issue with diabetes, a common feline ailment.

*We hope that you find these newsletters informative and entertaining. However, if you do not wish to receive these quarterly mailings, simply click on the "unsubscribe" button at the end of this e-mail. We promise that we will never share your contact information with anyone, and will only use your e-mail address to send you these quarterly newsletters, or to contact you about your pet.*

*As always, we welcome your feedback. If you have suggestions for how we can improve our newsletter, please call or e-mail us. We'd be happy to hear from you!*

### Spotlight on Feline Diabetes

Feline diabetes is an increasingly common disease, affecting cats of all shapes and sizes. In recent years, our understanding of how to treat this illness has improved, resulting in new treatment strategies and better outcomes for patients.

#### *Symptoms*

Diabetes is a disease that most commonly affects middle aged cats. Affected cats tend to be overweight, and live predominantly indoors. Cats that eat an exclusively dry diet are also more likely to be affected than those that eat canned food. Diabetes in cats is similar to Type 2 diabetes in people, what we call "Adult-onset" diabetes. Symptoms of diabetes in cats are also similar to those in people - an increase in thirst and urination is seen with most affected cats. These cats also tend to lose weight, especially if diagnosis is delayed. If the disease

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progresses unchecked, affected cats may eventually develop diabetic ketoacidosis, a life-threatening complication of unregulated diabetes.

## Diagnosis

Diagnosis of diabetes in cats is largely based on a history of increased thirst and urination, weight loss, and elevated blood sugar (glucose). Glucose in the urine, urinary tract infection, and pancreatitis are also commonly seen. It is important to ensure that there are no other concurrent diseases or problems that could complicate the successful treatment of the diabetes, so a full blood panel, urinalysis, and sometimes other tests are needed before starting treatment.

## Treatment



Most cats diagnosed with diabetes need supplemental insulin, at least in the beginning stages of treatment. However, if diagnosed early and managed properly, many cats can be successfully taken off insulin eventually and managed with appropriate diet and monitoring. There are several different types of insulin used for treatment in cats. Some are insulins produced for human use, and others are made exclusively for veterinary patients. Insulin must be administered as an injection, and this can be a big hurdle for some pet owners. However, we find that most cats will take an injection much more easily than a pill! Sometimes it is as simple as setting a dish of food or a treat in front of the cat while administering the injection.

Proper feeding is a key component to successful management of the diabetic feline patient. A low-carb, canned diet is essential. Insulin is used to process dietary carbohydrates, and a low-carb diet will help to reduce the cat's dependence on insulin. Cats that are overweight are also at greater risk of developing diabetes, so maintenance of a healthy body weight will help to prevent or control the illness.

## Monitoring

Ongoing monitoring of blood sugar levels is also an important part of diabetes management. Home monitoring is preferred, as the stress associated with coming into the clinic will usually cause a cat's blood sugar levels to rise dramatically. Most pet owners can successfully learn how to test their cat's blood sugar, using a portable blood glucose monitor. A small drop of blood is obtained by pricking the edge or tip of the ear. Once an owner has obtained several blood sugar readings, a consultation with the veterinarian is needed to make any adjustments to the insulin dose.



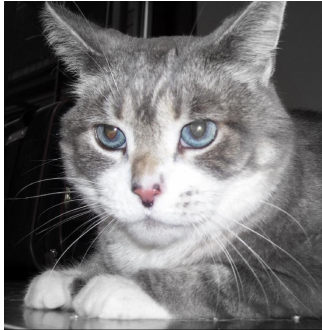
Diabetes can be a devastating diagnosis for a pet owner to receive from their veterinarian, but with a strong commitment to appropriate monitoring, feeding, and treatment, most diabetic cats can be successfully treated. In fact, if effective treatment is started quickly enough, many of these cats can go on to do very well, even losing their need for supplemental insulin.

## Tell me more!

For more information, here are a few links to get you started:

- [The Diabetes Resource Center](#) from Veterinary Partner
- [Caring for your Diabetic Cat](#), a video series from the Cornell Feline Health Center.
- [Feline Diabetes](#) internet guide, a comprehensive, interactive site covering all aspects of living with a diabetic pet.

### In Memoriam

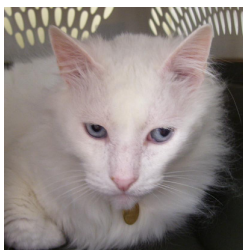


*Abu B.  
 Arthur M.  
 Buddy P.  
 Dian K.  
 Dickens H.  
 Duder F.  
 Hercula F.  
 Jack O.  
 Koko D.  
 Lily B.  
 Maizie L.*



*Marigold B.  
 Romeo M.  
 Tasha D.  
 Tycho S.  
 Victor L.*

Hear our humble prayer,  
 O God,  
 for our friends, the animals,  
 especially for those who are suffering;  
 for any that are lost or deserted  
 or frightened or hungry.



We entreat for them all  
 Thy mercy and pity,  
 and for those who deal with them,  
 we ask a heart of compassion  
 and gentle hands and kindly words.

Make us, ourselves,



to be true friends to animals  
and so to share the blessings  
of the merciful.

*Albert Schweitzer*

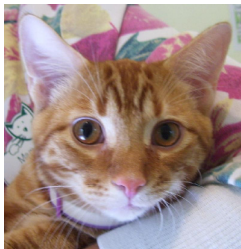
## Staff Pet Spotlight

Claudia Ottinger lives with her husband Matt and their feline family, including Trinket, who is "like a little dog in a cat suit." She is very social and loves people, begs to be walked on her leash and harness, and travels with Matt and Claudia to Tennessee on family visits.



## Newsletter Trivia

The trivia questions from our last newsletter was *How many adult teeth does a cat have?* The correct answer is **30 teeth**.



Congratulations to our winners Hachi and Nana! Their owner, Breyanna Cavanaugh, was one of several people to answer our trivia question correctly. Cats start losing their baby teeth around 14 weeks of age, and have their full complement of adult teeth by 7-8 months of age. Hachi and Nana will be taking home a dental care package, including Hill's t/d dental diet food, a cat toothbrush and toothpaste, and CET veterinary dental treats. Thanks to all who participated!



This month's question:



**Who was the first president to have a pet cat in the White House, and what was the cat's name?**



This month's winner will receive a brand new cat-sized [Furminator](#) grooming tool - a \$30 value! Furminators are great at removing extra hair from your cat *before* it gets left on the couch.

Entries may be submitted by [e-mail](#), phone, fax, or snail mail. Be sure to include your name and phone number along with your answer! Please see our contact information at the top of this newsletter. Entries must be received by June 1st, 2009.

## Ask Izzy



Dear Izzy-

*Can you tell me what they put in those cat treats and why can't I stop eating them?*

*My people want to make sure that I don't over do it, or loose my girlish figure.*

Signed, Snoopy V.

Dear Snoopy-

*I hear you! I am the same way with my Greenies treats. I have trained all of the delivery people here at the clinic to give me a few when they stop in. Unfortunately, Dr. Lewis keeps a close eye on that so that I don't put on weight. She recommends that you keep the treats to two or three per day.*

*Another great idea for treats is an occasional piece of grass. I love it when I get fresh grass from the yard. Keep it to one or two blades of grass, and it shouldn't make you sick.*

Signed,

*Izzy*

[Send Izzy your question](#) today!

## The Last Word...



*Being proactive about your cat's health can pay off!*

We are here for you when your cat becomes ill, but more importantly, we are here to help make sure your cat stays healthy, too! The American Association of Feline Practitioners recommends that your cat come in for a checkup exam every 6 months. This is especially important because cats are very good at hiding problems from us until they become serious. By seeing your cat more frequently, we can keep track of his or her weight, appetite, and grooming habits, and work with you on undesirable behaviors before they turn into big problems.

To make it easier to bring your cat in on a semiannual basis, we have developed "Wellness Packages" for our patients. These packages are available for kittens, adult cats, and senior cats (8 years and older). Packages cover your cat's preventative health for 1 year, and include 2

checkup exams, any necessary vaccines, fecal testing for parasites, and unlimited nail trims at no extra cost. In addition, packages for senior cats include senior screening bloodwork and blood pressure testing. Clients that sign their cats up for packages will also receive 10% off of any dental care services performed at the clinic.

To get your cat signed up for a Wellness Package, give us a call, [e-mail](#), or sign up at your cat's next visit.

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