

Sierra Animal Wellness Center

Specializing in Holistic, Integrative Veterinary
Medicine



September 7, 2017



September is Happy, Healthy Cat Month!

As any cat lover knows, our feline friends are special critters: they're fuzzy, funny, adorable, and make our lives richer. Cats have lived alongside humans for almost as long as dogs.

From companionship to pest control, they've been a wonderful addition to our lives. Happy, Healthy Cat Month, created by the CATalyst Council, celebrates our cats and serves as a reminder of the things needed to keep them at their best. Our tips:



1. Cats are carnivores and need a meat-based diet. Choose a diet that is complete and balanced with wholesome meat ingredients and not just carbohydrate-based fillers and meat byproducts. Feed an appropriate amount and keep your cat lean and fit. An overweight cat is more susceptible to a variety of diseases, including diabetes.
2. Make sure all your cat's needs are met by providing a clean litter box, perches, hiding places, and scratching surfaces. A clean food and water dish is also essential. In multiple cat households, you'll need additional sets of resources. Without these things, your cat is likely to become stressed and may start exhibiting unwanted behaviors. Just as with humans, stress can also be a contributing factor in illnesses.
3. Cats need stimulation and entertainment. Lots of toys like plush mice, teaser toys and laser pointers will cater to your cat's inner hunter. It also promotes exercise, an important part of your cat's routine to prevent weight gain.
4. Our cats can be very affectionate, yet they balance that side with independence. Lavish love and attention on them. The personal time you spend interacting and playing will strengthen your bond, but be respectful and when they're not in the mood, leave them be.
5. This next tip may not make your cat happy but regular veterinary visits are needed to make sure you are doing all you can to maintain your cat's health. As a veterinarian, one of my greatest frustrations is seeing a cat that is dangerously ill with a disease or condition that if diagnosed early, could be managed or prevented. Sadly, this happens way too often as most cats have far fewer regular vet visits than their canine counterparts. Why is it that so many cats, and their owners, dread

visiting the veterinarian? Often, it is due to the fear, anxiety, and stress pets (and owners) experience. But it doesn't have to be that way. [Click here](#) for a number of practical and easy steps you can take to make a vet visit easier on all concerned.

For more information about Happy, Healthy Cat Month, more tips, information about adoption, and a list of helpful resources, please visit the [CATalyst Council](#).

Until next time, be well.

- Dr. Peggy

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Clinic Hours

Monday, Thursday and Friday
from 9:00 to 6:00

Tuesday from 9:00 to 3:00

Wednesday from 12:00 to 6:00

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