



November is Senior Pet Month. As our pets age and slow down, we sometimes tend to overlook their specific needs.

At Crosswinds Veterinary Hospital we love caring for your pets at every stage of life through compassion and education.

Senior and geriatric care can be difficult to discuss. Different diseases and therapeutics can be overwhelming. But we are here for you every step of the way!

age	weight				
	1-20	20-50	50-90	>90	
1	7	7	8	9	
2	13	14	16	18	
3	20	21	24	26	
4	26	27	31	34	adult
5	33	34	38	41	
6	40	42	45	49	
7	44	47	50	56	
8	48	51	55	64	senior
9	52	56	61	71	
10	56	60	66	78	
11	60	68	72	86	
12	64	69	77	93	
13	68	74	82	101	
14	72	78	88	108	
15	76	83	93	115	geriatric
16	80	87	99	123	
17	84	92	104	131	
18	88	96	109	139	
19	92	101	115		
20	96	105	120		
21	100	109	126		
22	104	113	130		
23	108	117			
24	112	120			
25	116	124			



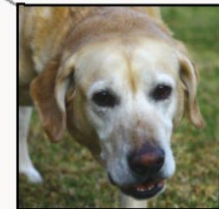
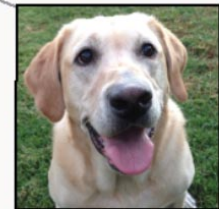
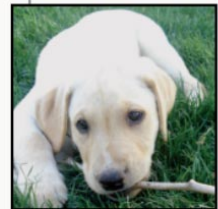
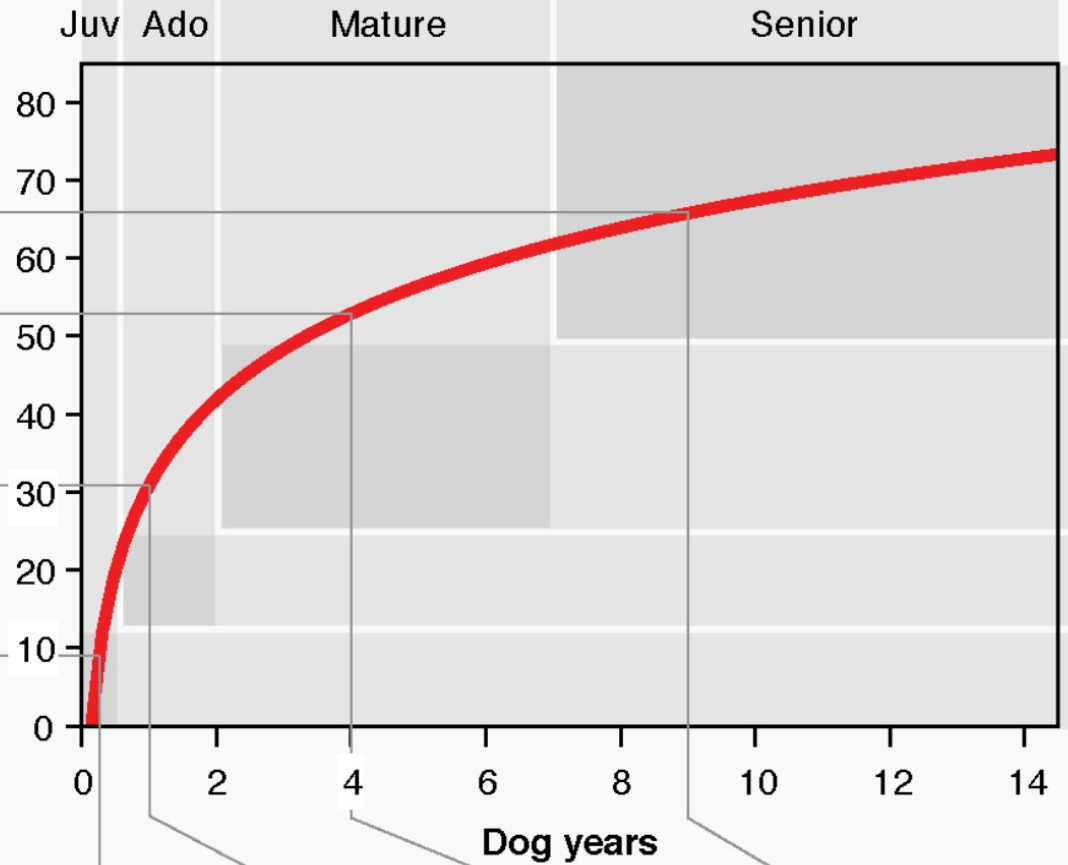
**How old
is your
dog in
human
years?**

**Don't forget,
the larger
your dog the
faster they
age.**

**And your
senior pets
can look just
as good as
Tom Hanks!**



Human years



Frequent Exams are Key

Doctor's exams are important at every age and our senior pets are not an exception. Yearly or semi-yearly exams are a great time to discuss changes you might be noticing in your pets.

Some of the most common concerns addressed at senior pet exams include:

- Weight loss
- Masses and lumps
- Muscle loss or joint pain
- Vision concerns
- Cognitive concerns
- Incontinence

Noticing any of the above signs in your pets? Be sure to mention them to your pet's nurse.

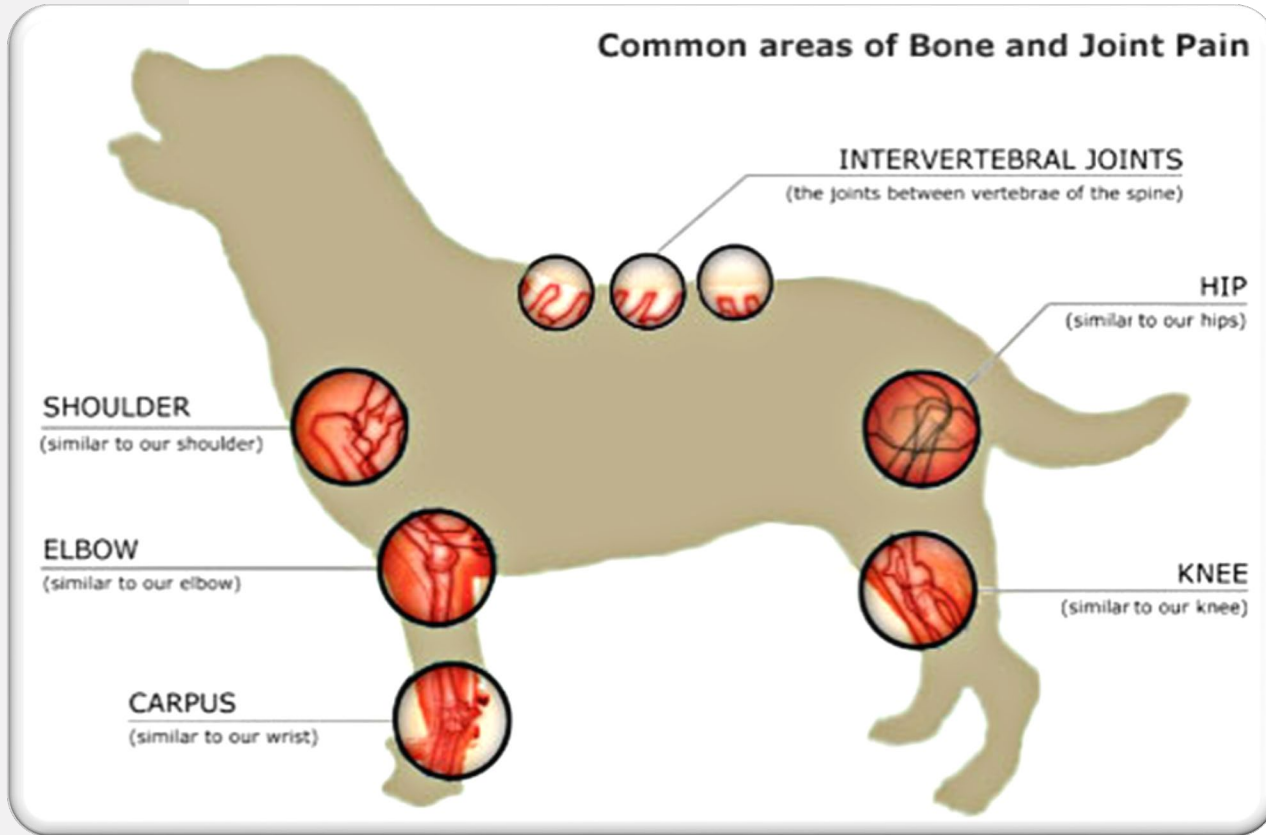


Diseases commonly seen in senior pets:



- Arthritis
- Kidney disease
- Liver disease
- Hypo/Hyperthyroidism
- Dental disease
- Diabetes
- Cognitive issues

Arthritis



Arthritis is inflammation of the joints and the joint tissue. It most commonly affects older dogs and cats but can be noted in even young pets.

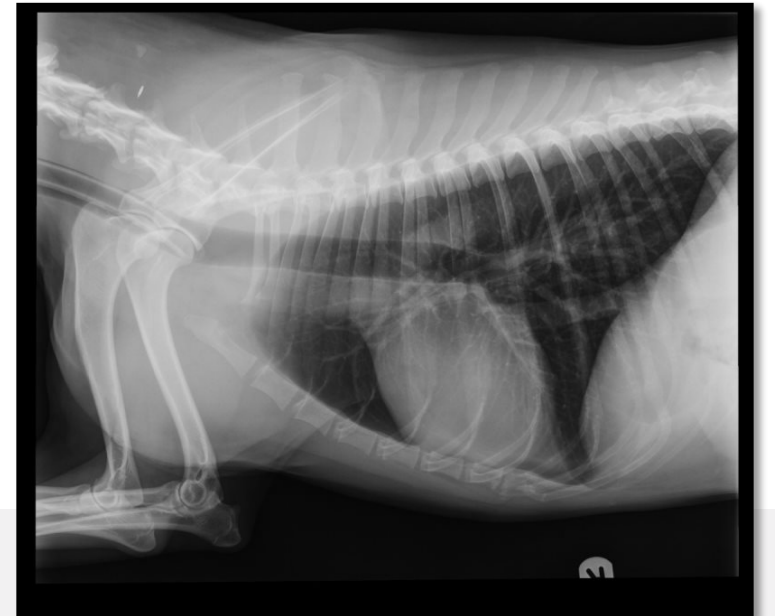
Signs of arthritis include difficulty getting up or using stairs, decreased activity, discomfort when touched or lifted, and aggression.

Joint supplements are available that can help reduce pain and, in some cases, help reverse damage to joint tissue.



In addition to frequent examinations, radiographs (X-rays) are recommended for senior pets to help diagnose arthritis and joint disease. This diagnostic tool can help us formulate the best treatment plan for you pets to aid in movement, ease discomfort and improve quality of life.

Radiographs not only help diagnose arthritis but also give us valuable information about your pet's heart, lungs, and other internal organs.





Senior Blood Work

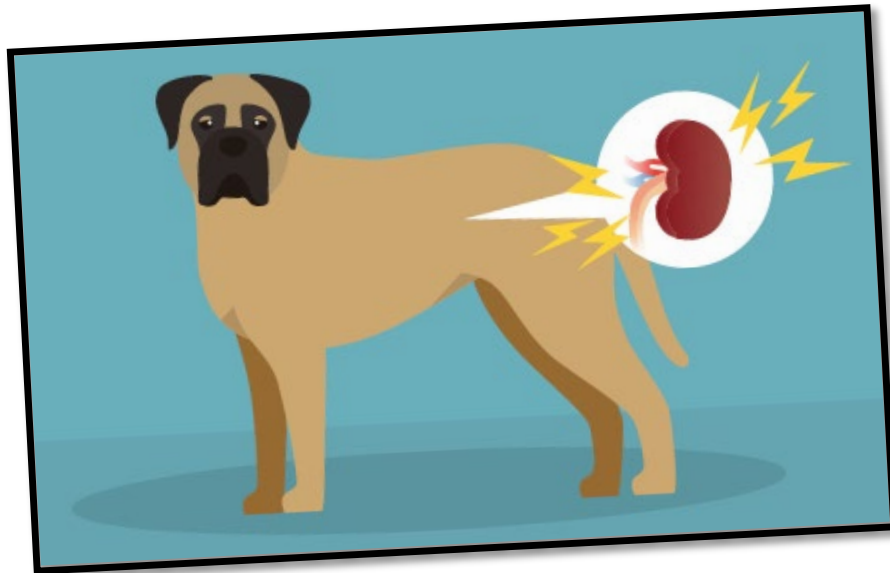
Like our early detection blood work, senior bloodwork monitors the overall wellness of your senior pet. Our blood panels are completed at our outside lab, IDEXX and include:

- Complete blood count (CBC)
- Kidney and liver health
- Blood glucose
- Thyroid levels
- Urinalysis

We recommend senior blood work every 6 months to help us catch problems as they arise and treat more effectively as well as track changes in your pet's health.

Kidney Disease

The kidneys are responsible for filtering toxins from the body and play a critical role in the body's overall fluid balance. The kidneys can become less efficient at these processes as your dog or cat ages, thus, leading to accumulation of contaminants within the body.



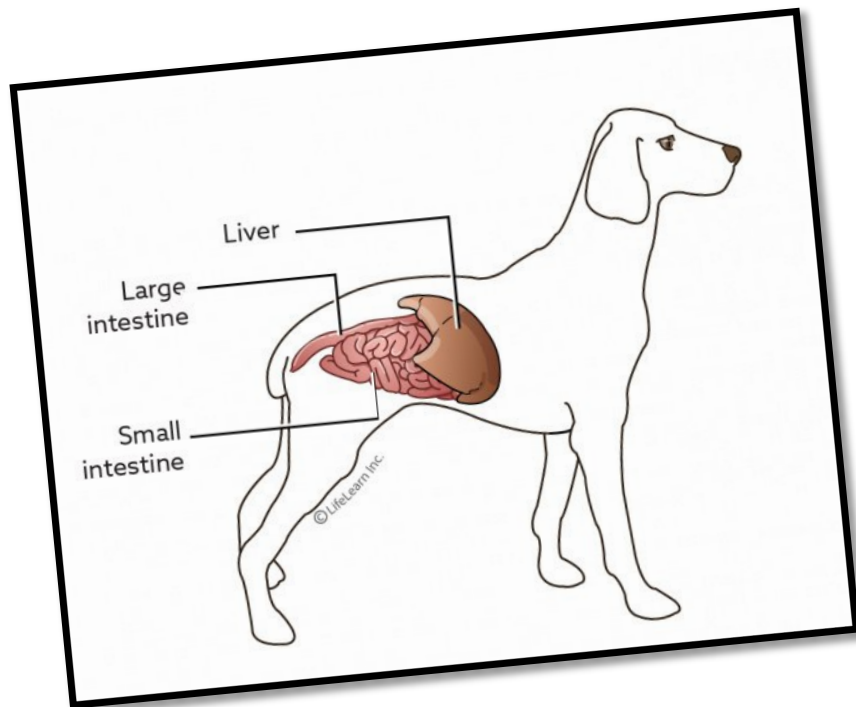
Signs may include :

- Increased thirst
- Increased urination
- Lethargy
- Vomiting



Liver disease

The liver is responsible for eliminating toxins, metabolizing drugs, and producing important proteins. The liver can become less efficient at these processes as your pet ages.



Signs may include:

- Lethargy
- Vomiting or diarrhea
- Anorexia
- Weight loss
- Abdominal distension



Hyper/Hypothyroidism

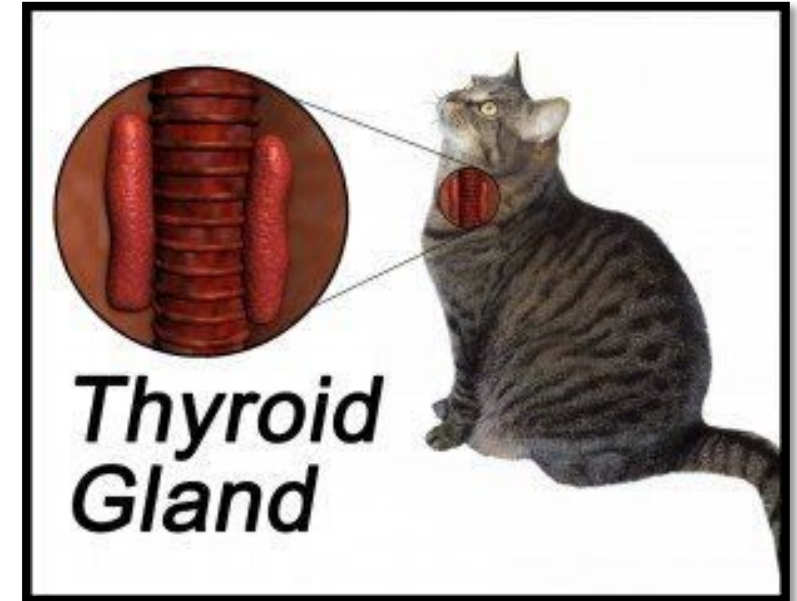
Hypothyroidism is a decreased production of thyroid hormone, which is responsible for metabolism. Hyperthyroidism is more common in cats where hypothyroidism is more common in dogs





Signs of hypothyroidism in dogs may include:

- **Lethargy**
- **Weight gain**
- **Hair loss**
- **Dry coat**



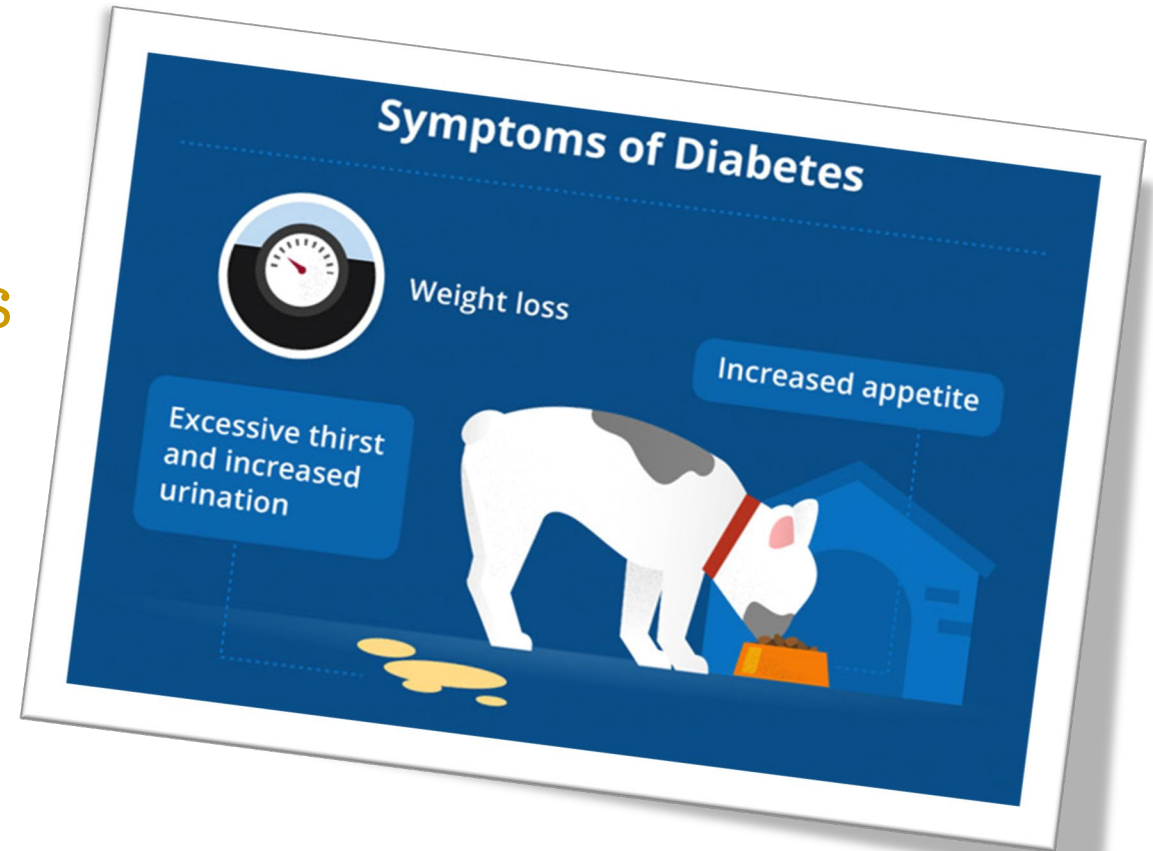
Signs of hyperthyroidism in cats may include:

- **Increased thirst**
- **Weight loss**
- **Increased appetite**
- **Increased energy**
- **Intermittent chronic vomiting and diarrhea.**

Diabetes

Diabetes is caused by a deficiency of insulin, which is needed to regulate the body's blood glucose (sugar).

Signs may include increased thirst and urination, weight loss, vomiting, and excessive appetite.



In dogs, diabetes is insulin-dependent, meaning lifelong insulin injections & glucose monitoring will be necessary.

In cats, diabetes is usually not insulin-dependent and there is a chance of remission. However, insulin injections are needed along with close monitoring to determine if a new diagnosed cat will be a lifelong diabetic.



Don't forget Dental Care!

Pets exhibit an increase in the extent of dental disease with increasing age, especially smaller dogs. The inflammatory processes associated with the presence of dental disease and infection not only affect the oral cavity, but also may influence changes in internal organs, especially the heart.

A healthy mouth can help your pet's quality of life, especially in their golden years.



Cognitive Issues

Just like with humans, pets can become forgetful as they age. This can manifest in different ways including acting lost or wandering off, inappropriate barking, waking up in the middle of the night, or loss of previous known commands. Sometimes these signs can be subtle and difficult to recognize.

There are diets and supplements available to help with cognitive aging.





We know that senior patients sometimes require special assistance. Our hospital is proud to offer car ramps to help pets with mobility issues comfortably and safely exit a vehicle and enter the hospital.



We also offer yoga mats as a complement to our non-slip floors and soft beds to provide that extra sense of stability and security.

We also carry various prescription diets and supplements that meet the needs of senior patients. Our staff is always ready to answer any questions you may have about the right diet or supplement for your senior pet, too!



We Love Our Senior Patients!



