

CATS 101

A GUIDE TO EVERYTHING
YOU NEED TO KNOW ABOUT
YOUR CAT





We've covered
everything you need
to know about caring
for your furball

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ARE UNIQUE IN
THEIR OWN WAY**

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CATS ARE UNIQUE IN THEIR OWN WAY

1. KITTEN

(BIRTH UPTO 1 YEAR)

- ▶ Kittens grow and develop at an incredible rate in their first few weeks of life.
- ▶ Kittens can begin to resemble adult cats as early as 6 months of age, requiring nutritional support for optimum health and development during their 12-month growth phase. We recommend that kittens be fed specially tailored complete, and balanced kitten food until they reach the age of 12 months.



2. YOUNG ADULT CAT (BIRTH UPTO 1 YEAR)

- ▶ Cats are considered fully-grown at 18 months of age which is equivalent to a 21-year-old person.
- ▶ We recommend you check in with your Vet daily to see when would be the right time to switch kitten food to adult cat food!



3. MATURE ADULT CAT (7 YEARS TO 10 YEARS)

- ▶ At 7 years of age and above, although many cats still look youthful and remain playful, there is an increased risk of 'older cat' age-related problems developing.
- ▶ Close monitoring is important, focusing on common signs of disease in older cats so extra care needs to be taken with feeding.



3. SENIOR CAT (OVER 10 YEARS)

- ▶ Older cats can become dehydrated and constipated. They may spend less time grooming, which can lead to coat and skin problems. Claws can become overgrown. Older cats may eat less because their sense of smell is not so good, or because they have teeth or gum problems. The cat's digestive system may also not work so effectively and this may also contribute to weight loss. Older cats thus need to be monitored even more closely for signs of illness. Monthly health check-ups become even more important during this time.



HOW TO TAKE CARE OF YOUR CAT?

HERE ARE SOME CAT ESSENTIALS YOU NEED IN YOUR HOUSE –

- 01** Branded & well-balanced wet and dry food
- 02** Food and water bowls, (Preferably ceramic and metal)
- 03** Cat toys
- 04** Cat brush
- 05** Cat toothbrush and cat toothpaste
- 06** Breakaway collar with an ID Tag
- 07** A scratching pad or mat
- 08** Litter box and scoopable litter – don't use dusty or perfumed litter
- 09** Cat carrier
- 10** Cat nail clippers

THINGS YOU SHOULD NEVER FEED YOUR CAT –

- 01** Onions, garlic & chives
- 02** Raw eggs, raw meat and bones
- 03** Chocolate and caffeinated drinks
- 04** Alcohol
- 05** Raw dough
- 06** Milk & dairy products
- 07** Unripe fruits and tomato plants

HERE'S YOUR LIST OF CAT CHORES YOU MUST NEVER FORGET –

Daily –

- ✓ Clean the cat litter
- ✓ Clean water/food bowls
- ✓ Play with your cat
- ✓ Take a walk with your cat (optional)

Weekly –

- ✓ Clean litter box using mild soap and replace litter
- ✓ Brush teeth once

Twice A Week –

- ✓ Brush your cat

Monthly –

- ✓ Trim nails

Yearly -

- ✓ Go to your vet for full body check-up

NUTRITIONAL REQUIREMENTS FOR YOUR CAT

Did you know cats are obligate carnivores? This means they are dependent on a meat diet and cannot be healthy or survive without it. However, they need more than just meat. A diet of meat only would be deficient in certain important components (for example, calcium).

Cats do not have some special enzymes and body processes which other animals have to digest and convert plant nutrients. This means that they cannot utilise plant based foods in the same way that dogs and many other animals can.

Cats, like all living things, require six different types of nutrients:

WATER

Cats also have evolved to receive the majority of the water in their diets through the consumption of food. This is why sound feline nutrition includes a diet that is rich in unprocessed proteins and water.

PROTEIN

Protein is a fundamental component of feline nutrition that is necessary for the maintenance and support of a cat's:

- ✓ Muscle
- ✓ Bone
- ✓ Ligaments
- ✓ Tendons

Cats also have a higher requirement for protein in their diet compared to dogs and many other animals.

ESSENTIAL FATTY ACIDS

Essential Fatty Acids, also known simply as fats, provide the most concentrated source of energy of any feline nutrition requirement. In cats, fats provide energy, making carbohydrates unnecessary. Fats carry fat soluble vitamins: D,

VITAMINS

Vitamins are organic substances (made by plants or animals) that are very important feline nutrition components because they help regulate various body processes - boosting immunity, support growth and development and helps cells and organs properly function.

You can now feel more confident when shopping for the right products for your four-legged family member. Educated pet parents have an easier time picking the right options for their cats.

An essential nutrition knowledge base is crucial in proper cat parenting.



CAT HEALTHCARE

We've covered everything from neutering, spaying, vaccinations & common cat diseases you must know as a cat parent –



NEUTERING/SPAYING

Should you get your cat neutered/spayed? Absolutely! By the age of six months, females should be spayed and males should be neutered.

Neutering a male (removing the testicles) can eliminate urine spraying, diminish the desire to flee and find a mate, and reduce male fighting. Spaying a female (removing the ovaries and uterus) helps to prevent breast cancer, which is 90 % fatal, and pyometra (uterine infection). Because cats can mate up to

three times a year, spaying your female kitty is critical to preventing unwanted litters.

VACCINATIONS

At 2, 3, and 4 months of age, kittens should be vaccinated with a combination vaccine (known as a 3-in-1) and thereafter annually. Cats are protected against panleukopenia (commonly known as feline distemper), calicivirus, and rhinotracheitis with this vaccine (flu-like viruses).



Before adopting, remember you can't tell if a cat or kitten is infected just by looking at them; a blood test is required. Infections can be passed down from mother to child or transmitted by being bitten by an infected cat.



COMMON DISEASES

Worms - Kittens and cats can be infected with several types of worms. A fecal examination can provide a correct diagnosis. If deworming is necessary, it should be done under a veterinarian's direction.

Fleas & ticks - Fleas are a major problem that must be addressed. These small parasites feed on your pet, transmit tapeworms, and cause skin irritation. Fleas and ticks should be checked on your cat once a week. You might wish to inquire about new flea and tick control options with your veterinarian.

Ear Mites - These tiny parasites are a common problem that can be transmitted from cat to cat. If your cat is scratching at his ears or shaking his head, he may be infested with ear mites. You will need to call for a veterinary appointment, as the cat's ears will need to be thoroughly cleaned before medication is dispensed.

KEY CAT CONCERNS

Still have some doubts regarding your furball's care?

LET'S SOLVE THEM!

1. What should you not do to your cat?

With a cat or two around the house, even the most dedicated pet parent may slack off and take kitty's presence for granted. Even the simplest oversight may have big consequences on your cat's wellbeing and quality of life. Here are some things you should NEVER do to your fave feline –

- ✓ Skip flea treatment
- ✓ Putting your cat outdoors without supervision
- ✓ Leave windows open
- ✓ Put off vet visits
- ✓ Forgetting to brush your cat's teeth
- ✓ Ignoring those hairballs

2. Do cats need baths?

In general, a healthy adult cat doesn't require bathing unless he or she has gotten into something that has coated the fur and can't be easily removed with brushing. Cats groom themselves naturally, however their owners should help keep them clean by brushing or combing them regularly.

3. Should you feed your cat dry food or wet food?

Dry food made with real meat ingredients and probiotics are really good for your cats as they provide a balanced meal. Munching on dry food also helps in dental hygiene for cats. Wet food/canned food should usually be fed to cats to increase their water intake.

2. What should you know before owning a cat?

Cats make great pets. They're nowhere near as loud as dogs and they can curl up in your lap, helping you to relax after a hard day. If you are thinking of getting a cat here are some things that you need to know before you make that decision -

- ✓ Cats are a lifetime commitment
- ✓ They need to be neutered/spayed
- ✓ Leave the claws on
- ✓ You'll need a scratching post/mat/pad
- ✓ Taking regular vet checks and setting a feeding guide
- ✓ Litter box is important
- ✓ Keep your cats indoors as much as possible



GET IAMS PROACTIVE HEALTH FOR YOUR PRECIOUS FURBALL!

DELIVERS NUTRITION FOR EVERY ADULT CAT'S NEED



73 YEARS OF TRUST



DEVELOPED WITH VETERINARIANS



100% COMPLETE & BALANCED NUTRITION



HEALTHY SKIN & COAT



#1 INGREDIENT IS CHICKEN

