

# Burlington Reports

Paws and Claws Society, Inc., Thorofare, NJ



Issue 18, March 2016

Partners in Prevention *Not* Destruction, since 1993

## For Fur-ther Information . . .

You can find more information on our web site at [pacsnj.org](http://pacsnj.org)!

- Find out "What's New" by following links on our home page or clicking on "News"
- Read other issues of Burlington Reports by clicking on "Newsletter", or join our email list to be notified when new issues are ready for viewing
- Click the link for any issue of the newsletter to comment on that issue's content. Start or join a discussion!
- Hover over "Newsletter" on our navigation menu to find "Links for Further Reading" for more information on topics mentioned in *Burlington Reports*, or click on "Share with Squirt" to share a question or story in our Squirty's Words column
- Hover over "Furry Angels" to learn about pets currently available for adoption, read about pets who have found their Forever Homes, read or submit to the Funny Pages, read Letters From The Heart, download forms, and more
- Read about Paws and Claws Society's programs or see "Gems of Wisdom and Pearls of Knowledge: Humane Messages" at Compassion Central
- Find statistics and No Kill information on Tips From The Trenches
- Read articles about pet care (and even use the age calculator to find out your pet's age in human years) at Caretakers' Corner
- Look for "Share" buttons throughout our web site to share the content via Facebook, Twitter, email, or other services



## Spring/Summer 2016

### In This Issue:

Safe Houseplants for Homes With Pets	1
Burlington The Cat's Painful Emergency	4
Humor	5
National Pet Days - March through August	6
Squirty's Words . . . From The Rainbow Bridge	8
More Information About Urinary Tract Illness and Pain in Cats	10

## Safe Houseplants For Homes With Pets

**There are many helpful lists out there of plants and flowers that are toxic to cats and dogs.** But what do you do if you are shopping for houseplants and you don't know which ones *are* safe? It can be overwhelming!

Here is a list of 22 common houseplants considered to be safe for households with cats

and dogs. You can print this newsletter to carry with you as you shop!



**African Violet**

*Scientific Name:*

*Saintpaulia*



**Aluminum Plant (Also known as Watermelon Plant)** *Scientific Name:*

*Pilea cadieri*



**Boston Fern**

*Scientific Name:*

*Nephrolepis exalta bostoniensis*

This list has been compiled with the help of the ASPCA's Toxic and Non-Toxic Plants lists (see [pacsnj.org](http://pacsnj.org) for a link), along with many Google searches. We've made sure the following plants are listed as non-toxic to both cats and dogs.

(Please Note: Even if non-toxic, many plants, if ingested, can irritate cats' or dogs' stomachs and can cause vomiting. That's no fun for your pet, so be sure to keep any unresearched plants out of reach if your pet is a nibbler.)

A quick Internet search by the name of a plant will lead to information on its care, sunlight and watering, etc.

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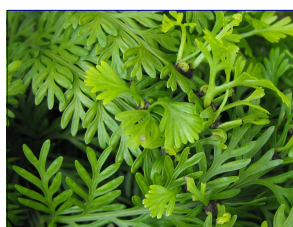
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### Safe Houseplants for Pets (Continued)

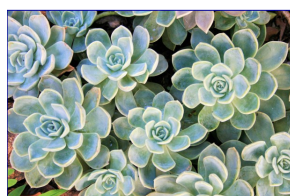
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**Cast-Iron Plant** (Also known as **Bar Room Plant, Iron Plant, Variegated Cast Iron Plant**) *Scientific Name: Aspidistra elatior*



**Hen and Chickens Fern** (Also known as **King and Queen Fern, Spleenwort, Parsley Fern**) *Scientific Name: Asplenium bulbiferum*



**Chickens and Hens** (Also known as **Hens and Chickens, Hen and Chicks, Mother Hens and Chicks, Succulent Rose**) *Scientific Name: Echeveria elegans*



**Money Tree** *Scientific Name: Pachira aquatica*



**Christmas Cactus** (Also known as **Easter Cactus or Thanksgiving Cactus**) *Scientific Name: Schlumbergera bridgesii*



**Mosaic Plant** (Also known as **Jewel Plant, Silver Nerve, Nerve Plant, Silver Threads**) *Scientific Name: Bertolonia mosaica*



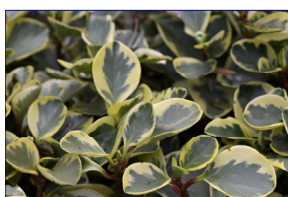
**Piggy Back Plant** (Also known as **Pick-a-Back Plant, Mother of Thousands\*, Curiosity Plant**) *Scientific Name: Tolmiea menziesii*



**Figleaf Palm\*** (Also known as **Japanese Aralia, Formosa Rice Tree, Glossy-Leaved Paper Plant, Big-Leaf Paper Plant, Fatsi**) *Scientific Name: Fatsia japonica*



**Parlor Palm** (Also known as **Neanthe, Miniature Fish Tail Dwarf Palm, Good Luck Palm, Bamboo Palm\***) *Scientific Name: Chamaedorea elegans*



**Peperomia** (Also known as **Pepper Face, Baby Rubber Plant\*, American Rubber Plant**) *Scientific Name: Peperomia obtusifolia*



See "For Fur-ther Information" on page one to learn about links for additional reading on topics mentioned in Burlington Reports!

\*It is important to compare the scientific name of a plant as well as some of its common names when you are shopping for pet-safe

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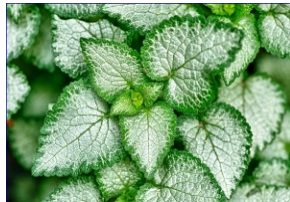


## Safe Houseplants for Pets (Continued)

(Continued from page 2)



**Prayer Plant\*** (Also known as **Maranta**)  
*Scientific Name:*  
*Calathea insignis*



**Prostrate Coleus\***  
*Scientific Name:*  
*Plectranthus oetendahliae*



**Purple Passion Vine** (Also known as **Velvet Plant, Royal Velvet Plant, Purple Velvet Plant**)  
*Scientific Name:*  
*Gynura aurantica*



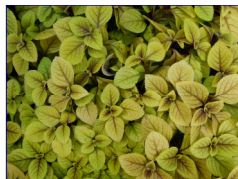
**Saffron Spike Zebra**  
*Scientific Name:*  
*Aphelandra squarrosa*  
(See 2 other Zebra



**Spider Plant** (Also known as **Spider Ivy\*, Ribbon Plant, Anthericum Comosum**) *Scientific Name:*  
*Chlorophytum comosum*



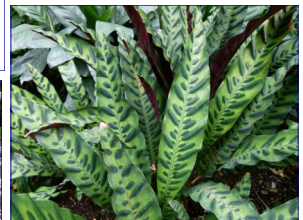
**Staghorn Fern**  
*Scientific Name:*  
*Platycerium bifurcatum*



**Swedish Ivy\*** (Also known as **Creeping Charlie, Plectranthus**) *Scientific Name:*  
*Pilea nummulariifolia*



**Zebra Plant** (Also known as **Pheasant Plant**) *Scientific Name:*  
*Cryptanthus zonatus*



**Zebra Plant** (Also known as **Caeroba, Rattle Snake Plant, Peacock Plant**) *Scientific Name:*  
*Calathea insignis*

houseplants. Some plants that are safe for pets have similar common names as plants that are toxic. A few examples from this list:

- The Figleaf Palm (*Fatsia japonica*) should not be confused with the Fig (*Ficus benjamina*) or Figwort (*Ranunculus acris*), which are both toxic.
- The Parlor Palm/Bamboo Palm (*Chamaedorea elegans*) should not be confused with the Heavenly Bamboo (*Nandina domestica*), which is toxic.
- The Peperomia/Baby Rubber Plant/American Rubber Plant (*Peperomia obtusifolia*) should not be confused with the Indian Rubber Plant [Fig] (*Ficus benjamina*) or Dwarf Rubber Plant/Chinese Rubber Plant/Japanese Rubber Plant [Jade Plant] (*Crassula argentea*), which are toxic.
- The Piggy Back Plant, also known as the Mother of Thousands (*Tolmiea menziesii*), which is safe for pets, should not be confused with a plant called Mother of Millions/Chandelier Plant/Mother-In-Law-Plant/Kalanchoe/Devils Backbone (*Kalanchoe tubiflora*), which is toxic.
- The Prostrate Coleus (*Plectranthus oetendahliae*) should not be confused with the Coleus/Bread and Butter Plant/Indian Borage/Spanish Thyme/Maratha/Militini/East Indian Thyme (*Coleus ampoinicus*), which is toxic.
- Swedish Ivy (*Pilea nummulariifolia*) and Spider Ivy (*Chlorophytum comosum*), which are safe, should not be confused with Branching Ivy/English Ivy/Glacier Ivy/Needlepoint Ivy/Sweetheart Ivy/California Ivy (*Hedera helix*), Devil's Ivy/Pothos/Taro Vine/Ivy Arum (*Epipremnum aureum*), Mountain Ivy/Laurel/Spoonwood/Calico Bush/Ivy Bush (*Kalmia latifolia*), or Australian Ivy Palm/Schefflera/Umbrella Tree/Octopus Tree/Starleaf (*Schefflera*), as these are toxic.

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Hello. Burlington here.

Boy, am I glad that my human mom is so observant.

A few months ago, I began to have symptoms of a rather delicate problem. I had a urinary tract obstruction.

Apparently, this is something that isn't uncommon for male cats, but almost never happens to female cats.

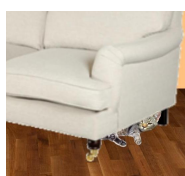
Any cat, male or female, at any age, can have urinary tract *problems* of some sort. While most people would probably think a urinary tract infection would be the most likely of those problems, however, it isn't. Even more common is feline idiopathic cystitis (FIC), which used to be called feline urologic syndrome (FUS). The two conditions are difficult to distinguish from one another by symptoms alone, as the symptoms are so similar (including blood in the urine, straining to urinate, frequent urination, excessive licking of the urinary opening, and urinating outside the litter box).

But I digress.

Well, I had no idea

what was wrong with me. All I knew was I was in pain. Not just a little bit of pain; pain like I'd never felt before.

I would go to the litter box because my bladder told me I needed to, but nothing would happen, or so little that it didn't really count. After several treks back and forth from my safe spot under the living room chair to the litter box and back, I couldn't do it anymore. I crawled back into the corner, under the couch, and contemplated whether I would survive whatever was causing the agony I was experiencing.



We cats, of course, are experts at hiding our pain. It's an instinctual thing; in the wild, looking weak in the eyes of a predator is a very dangerous thing. Because of this, my family doesn't usually notice when I'm not feeling my best. On this particular day, however, Mom knew something was wrong when she couldn't find me, and she sounded even more concerned after she saw that I'd vomited.



## Burlington The Cat's Painful Emergency

She went from room to room, calling my name, but my instincts told me to stay put and stay quiet, and frankly, the pain took my breath away and I don't think I could have made a sound if I'd tried.

Finally, she found me, in my corner under the couch.

"What's wrong, Burlington?" she asked me, lying down on the floor so she could see me.

I blinked.

She reached her hand toward me and I winced and shrank away.

"You're purring," she observed, "but you aren't contented. You must be in pain."

She scooted and contorted on the floor until she was under the couch with me. I backed up as far as I could against the wall. Her fingers brushed my side, close to my lower abdomen, and I growled. I couldn't help it.



Don't get me wrong. I like having my belly petted, normally. Not quite as much as Jersey does. That dog is crazy about belly rubs. She flops down onto the floor and her eyes roll back in her



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### Burlington The Cat (Continued)

head like she's been electrocuted or something. She's so funny.

But there I go again, straying from the subject.

While I normally enjoy having my belly petted, that day, I already felt like there was a knife stabbing into my gut, and the lightest touch only made it worse.

Mom got up and then came back a few minutes later with a bowl of food. She coaxed me by putting the bowl in front of me and making all sorts of silly "yum yum" noises, but it just didn't smell appetizing to me and I couldn't fathom eating it.

Dad, Mallory, and Matthew came in from outside and Mom told them that she was going to take me to the emergency vet.

"He vomited, and he's not eating," she said, "He usually has such a good appetite. The most concerning thing, though, is that he won't come out from under the couch, won't let me touch him, and he's purring continuously."

"If he's purring, he's happy, right?" Matthew asked.

they are in pain," Dad explained to him.

"He didn't sleep in my room with me last night," Mallory added.

Mom moved the couch and picked me up. I cried out in pain, but I didn't even try to get away when she put me into my carrier.



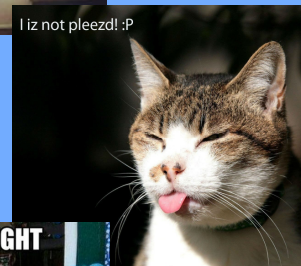
Dr. Tails checked me out and said she needed to run some tests. After that, I strangely fell asleep, which I don't understand but I'm not complaining because when I woke up I felt measurably better. That Dr. Tails has some amazing powers.

When I was ready to go home, Dr. Tails told Mom that one of the keys to preventing future blockages from crystals or stones (which also confused me, as I can definitively state that I did *not* eat any rocks) is plenty of water. She explained that when I lived outside and my diet consisted mainly of prey from hunting, I was consuming approximately 70% water with each meal. Canned cat food contains approximately 78% water, while dry cat food is only about 5% to

"Cats also purr if

### Humor

Have you heard the news? At least two separate studies, one in Japan in 2012 and one at Indiana University in 2015, have concluded what many of us have suspected for a long time: looking at photos and videos of adorable and funny animals is good for us and actually makes us more productive at work! So, go ahead and enjoy these humorous pictures with no guilt!



See "For Fur-ther Information" on page one to learn about links for additional reading on topics mentioned in Burlington Reports!

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Paws and Claws  
Society, Inc.

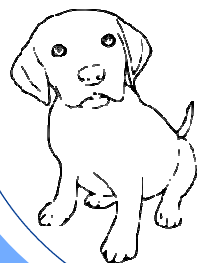
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site) See [pacsnj.org](http://pacsnj.org) for links to the sites referenced in this list. Check out [nationaldaycalendar.com](http://nationaldaycalendar.com) to learn about many other National Days as well.

**March 1: National Pig Day**, an "unofficial" national holiday that recognizes the domesticated pig, includes events and celebrations at zoos, schools, nursing homes, and sporting events around the United States. National Pig Day has also seen pig parties, pig parades and gatherings with pig collectibles to name just a few of the events. Use #NationalPigDay to post on social media.

**March 23** (Unless on a weekend): **National Puppy Day** is an "unofficial" national holiday, founded in 2006 by Pet Lifestyle Expert, Animal Behaviorist and Author, Colleen Paige (also the founder of National Dog Day and



National Cat Day, among others). This day, created to celebrate the magic and unconditional love that puppies bring to our lives, is celebrated on the Friday

or Monday closest to March 23rd if that day falls on a weekend. It is also a day to bring awareness of the need for care and homes of orphaned puppies as well as to educate people about the horrors of puppy mills across the country. Use #NationalPuppyDay to post on social media. For more info, see [nationalpuppyday.com](http://nationalpuppyday.com).

**April 2: National Ferret Day** - Use #NationalFerretDay to post on social media.

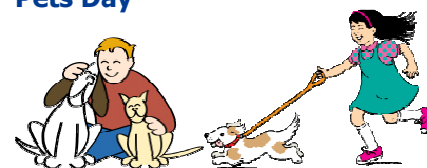
**April 11: National Pet Day** - Founded by Celebrity Pet Lifestyle Expert & Animal Welfare Advocate Colleen Paige and sponsored by the Animal Miracle Foundation & Network, April 11 is National Pet Day. Love your Pets.....Pets bring happiness to their owners! Use #NationalPetDay on social media. Info: [petdayusa.com/about.htm](http://petdayusa.com/about.htm)

**April 23: National Lost Dog Awareness Day** - This special day was created to bring attention to all lost dogs each year and to celebrate the thousands of dogs that have been successfully reunited with their families. Post stories on social media about an experience you or a family member may have had, using #LostDogAwarenessDay. For more information regarding this day visit [lostdogsofamerica.org](http://lostdogsofamerica.org)

**Last Sunday in April: National Pet Parents Day** - Founded by Veterinary Pet Insurance (VPI) in 2007, National Pet Parents Day, an "unofficial" national holiday, was

created from inspiration in seeing the majority of their policyholders consider their pets as part of their family. National Pet Parents Day was created to honor all dedicated pet parents across the nation with their own special day. Use #NationalPetParentsDay to post on social media. (In 2016, National Pet Parents Day falls on April 24th.)

**April 26: National Kids and Pets Day** -



Created in 2005 by Colleen Paige, "National Kids & Pets Day is dedicated to furthering the magical bond between children and animals and to help bring awareness to the plight of pets in shelters awaiting new homes." Go to [kidsandpetsday.com/about.htm](http://kidsandpetsday.com/about.htm) for more information. Use #NationalKidsAndPetsDay to post on social media.

**April 26: National Help a Horse Day** - Sponsored by The American Society for the Prevention of Cruelty to Animals (ASPCA), National Help a Horse Day is dedicated to spreading awareness of the many abandoned, neglected and abused horses across the country. For more information and to learn ways that you can help a horse, see: [aspcapro.org](http://aspcapro.org). Use

(Continued on page 7)

## National Pet Days

#NationalHelpAHorseDay to post on social media.

**April 30: National Adopt a Shelter Pet Day** was created as a way to raise awareness for thousands of pets that are waiting for (and needing) adoption from shelters. Celebrate National Adopt a Shelter Pet Day by sharing pictures of your adopted shelter pet on social media using #AdoptAShelterPetDay.

**May 3: National Specially-abled Pets Day**, an "unofficial" National holiday, was launched by Colleen Paige. The Animal Miracle Foundation helps to educate the public and celebrates these animals. Post on social media using #Specially-AbledPetsDay. For more info: speciallyabledpets.com.

### JUNE IS:

**NATIONAL ADOPT A CAT MONTH and**

**NATIONAL ADOPT A SHELTER CAT MONTH**

**June 26: National Take Your Dog To Work Day**

**July 11: All American Pet Photo Day** - Make sure your camera is fully charged and ready as you are encouraged to take photos of your pets! Although you take pictures of your pets all year long, July 11th has been annually set aside to get special pictures of your pets. Dress them up, take them to the park, set them in a

chair, put them on a fancy pillow, or whatever your imagination gives you for a special photograph of your loved ones. Post on social media using #AllAmericanPetPhotoDay to encourage others to join in.



**July 15: National I Love Horses Day** - Horse and equestrian lovers across the nation celebrate each year on July 15th as National I Love Horses Day is one of their favorite "unofficial" holidays. This day pays tribute to, and honors, the horse. According to an Animal Planet poll, the horse is the world's fourth favorite animal. Spend time with your horse/horses (if you have any), or someone else's, go riding, groom your horse, volunteer at a horse rescue, foster a horse or donate to a charity that helps horses. Use #NationalILoveHorsesDay on social media.

**July 15: National Pet Fire Safety Day** - Post on social media using #PetFireSafetyDay.

**July 31: National Mutt Day** - Celebrated every July 31st and December 2nd, "National Mutt Day" was created to be celebrated on two dates per year to raise awareness of the plight of mixed breed dogs in shelters around the nation and to educate the public about the sea of mixed breed dogs that desperately await new homes. Mixed breed dogs tend to be

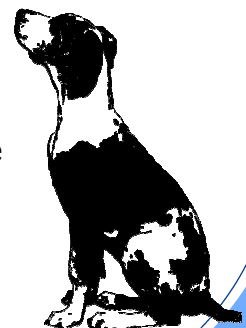
healthier, better behaved, they live longer and are just as able to perform the duties of pure bred dogs - such as bomb and drug sniffing, search and rescue and guiding the blind. There are millions of loving and healthy mixed breed dogs sitting in shelters, who are desperately searching for a new home.

One of the county's most famous movie dogs is Benji, is a mixed breed Terrier." (Quoted from nationalmuttday.com) See web site for more information and use #NationalMuttDay on social media.

**August 26: National Dog Day** - This day, founded in 2004 by Colleen Paige, encourages dog ownership of all breeds, mixed and pure, and embraces the opportunity for all dogs to live a happy, safe and "abuse-free life". Dogs give us companionship, they keep us safe, and they aid those in need. It is a goal for many on National Dog Day to find homes for all dogs in need of a loving family. The goal of the National Dog Day foundation is to rescue 10,000 dogs each year. Post photos of your dog on social media using #NationalDogDay and take your dog for a walk. If you do not have a dog, ask to take your neighbor's dog for a walk.



For more info:  
nationaldogday.com





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### Humor (Continued)

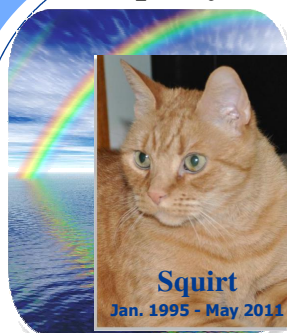
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And who doesn't admire all the ingenious ways animals find to stay warm when it's cold out?



### Squirty's Words . . . From The Rainbow Bridge



*In memory of Squirty, a longtime friend of Paws and Claws Society who passed away on Mother's Day 2011 at the age of 16½, Burlington Reports added a new section to remember pets who have passed. Ask Squirty a question or share your pet memorial story on our web site (hover over "Newsletter" on our menu). Let Squirty meet your pet(s) at the Rainbow Bridge and escort them to Pet Heaven.*

**Question:** My dog chews on things in our house, and my mom says he does it because he's angry with us for leaving him home when we go to school and work. How can I explain to him that I have to go to school so he won't be mad at me?

**Answer:** Many people confuse the motivation for an animal's behavior with the motivations for similar behavior in humans. It's important to know that animals and humans think and process things differently and our memories work in very different ways.

Johan Lind, an animal specialist at Stockholm University, led a study of short-term memory in animals across 25 species and concluded that "animals have no long-term memory of arbitrary events." The average span of the short-term memory of the animals studied was about 27 seconds. This doesn't mean that animals have poor memories, but rather "specialized memory systems" that retain "biologically significant information" such as the location of a food source.

In order to behave in a spiteful way, your dog would have to (1) understand that chewing on things in your house would be perceived by you as "punishment" and (2) deliberately devise and hold onto his vengeance plan for as long as it takes him to chew on all the items he chews on in a given day.

Have you ever noticed that your dog seems just as excited to see you after you've gone outside to check the mail as he is after you've spent the entire day at school? That's because his perception of time is very different from yours. You mark time in minutes, hours, days, years. Your dog knows that breakfast happens after the sun comes up and the people wake up, for example. His short-term memory isn't like a human's, allowing for the step-by-step planning that would be required to "teach his family a lesson". Dogs live in the moment. In their understanding that a particular behavior brings about a specific result, dogs are motivated by the things they need and want: food, love, praise, companionship, etc. This doesn't include revenge. Vindictiveness is a human trait, found in varying degrees in humanity, but it is not part of the animal world.

(Continued on page 9)





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### Squirty's Words (Continued)

Dogs often do, however, engage in behaviors like chewing when they are experiencing anxiety. Look into modifying what may be causing his anxiety. Perhaps he might feel more secure in a crate while you and your family aren't home. While a person might perceive being inside a crate as punishment, a dog sees a crate as a den: a safe space.

Also, examine your mannerisms and tone of voice just before you leave the house and immediately after you return home. Might your dog think you are angry with him? Yelling at him to "be good" or telling him that he is "bad" when he doesn't understand why being anxious is "bad" will only make his anxiety and confusion worse. (Conversely, hugging or comforting him immediately after he has shown fear or anxiety or done something you don't want him to do tells him to "keep behaving exactly like that" because it makes you happy.)

The best way to change an unpleasant behavior is to change the situation that triggers it. Replacing a big, empty house and warnings to behave with a cozy crate and a loving, matter-of-fact tone of voice that tells him he is safe could make all the difference for him when you leave for the day.

*Peace, Love, and Head-Butts,  
Squirt*

### Burlington The Cat (Continued)

*(Continued from page 5)*

10% water.

"Cats don't typically drink enough water to make up the difference," she said.

She gave Mom some literature on other ways to recognize and prevent urinary issues in cats.

I'm feeling like my old self again, only better, because I know that Mom is paying attention to the things I'm not able to tell her, and

I feel very safe and protected as a member of my human family.



*See page 10 for more information about urinary tract illness in cats as well as how to identify when a cat is in pain.*

**A urethral obstruction is an absolute emergency, requiring immediate veterinary treatment!**

#### From [pets.webmd](http://pets.webmd):

**People joke about cats and their finicky eating habits, but it's actually a serious issue if your cat won't eat.**

**Although a refusal to eat is concerning for all pets, it can be more dangerous for cats.**

**When animals don't eat enough, they must rely on their fat reserves for energy. Before stored fat can be used for fuel, it must be processed by the liver. This step requires adequate supplies of protein.**

**With rapid weight loss in a cat that stops eating, protein supplies are soon exhausted and the liver becomes overwhelmed by all the fat. This results in a dangerous condition known as hepatic lipidosis, which can lead to liver failure.**

Burlington is a fictional gray tabby cat who belongs to a family in the Northeast United States. "Mom" is Paige Turner, owner of a small book store. "Dad's" real name has not been mentioned to date. Their two children are Mallory and Matthew. The family also adopted a Chihuahua and named her Jersey. See our web site for other issues of Burlington Reports and read the ongoing adventures and learning experiences of Burlington and his family!



See "For Fur-ther Information" on page one to learn about links for additional reading on topics mentioned in Burlington Reports!



**Paws and Claws Society, Inc.**

**1017 Grove Avenue  
Thorofare, NJ 08086**

**Partners in Prevention *Not* Destruction, since 1993**

Visit us online at [www.pacsnj.org](http://www.pacsnj.org)

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## More About Urinary Tract Illness and Pain in Cats

Cats are experts at hiding their pain.  
Here is a list from [cats.lovetoknow.com](http://cats.lovetoknow.com).

### Signs of pain in cats can include:

- Dilated pupils
- Squinting
- Vocalizing (this can include growling, hissing, moaning, or even purring more than usual)
- Lack of vocalization (in a cat that would normally make noise)
- Licking at a painful area
- Decreased appetite
- Lack of grooming
- Hiding or not moving around
- Less play than usual

Most cats that are suffering from a urinary tract infection will not have symptoms of generalized illness (fever, loss of appetite, lethargy, vomiting) because the infection is limited to a small part of the body.

From [www.vet.cornell.edu](http://www.vet.cornell.edu).

### Signs of Lower Urinary Tract Disease

- Straining to urinate.
- Frequent and/or prolonged attempts to urinate.
- Crying out while urinating.
- Excessive licking of the genital area.
- Urinating outside the litter box.
- Blood in the urine.

**\*\*\*Cats with a urethral obstruction will show the above signs but will pass little or no urine and will become increasingly distressed.**

**A urethral obstruction is an absolute emergency, requiring immediate veterinary treatment.\*\*\***

### Steps to Reduce Occurrences and Signs of Lower Urinary Tract Disease

- Feed small meals on a frequent basis.
- For cats with a history of struvite formation, owners should feed diets that promote the formation of urine that is acidic. Most commercial diets meet this criteria. Avoid supplementing such diets with additional urinary acidifiers, because over-acidification can cause metabolic acidosis, impaired kidney function, and mineral imbalance.
- Provide clean, fresh water at all times.
- Provide an adequate number of litter boxes (usually one more than the number of cats in the household).
- Keep litter boxes in quiet, safe areas of the house.
- Keep litter boxes clean.
- Minimize major changes in routine.