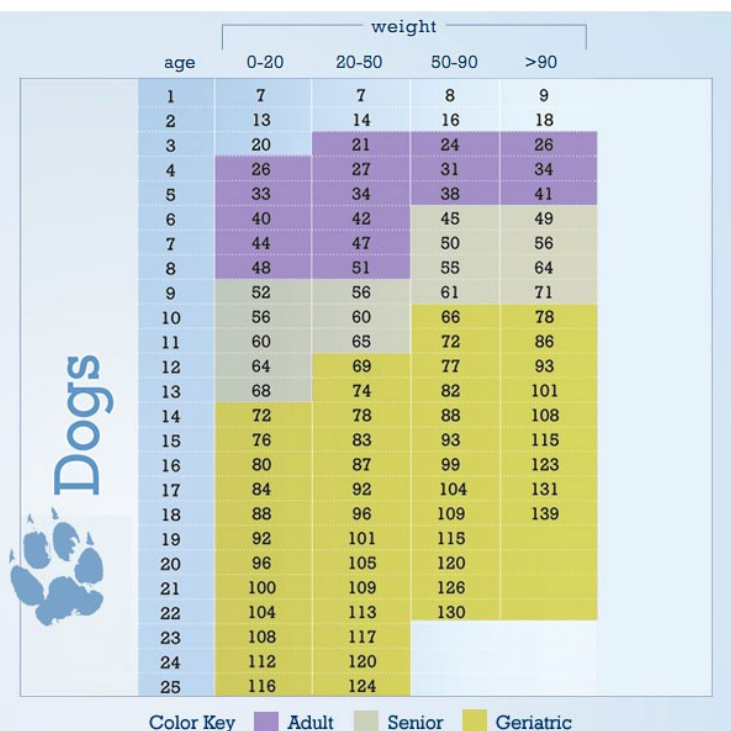
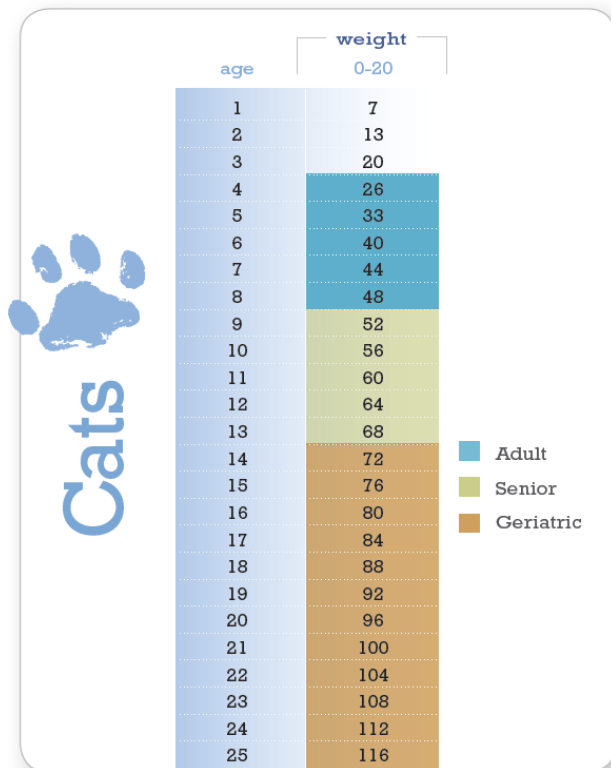


What is your pet's age in people years?



## Watch for these signs

Keep track if these are an issue for your pet and then report them to us before they become serious.

- ☐ Just not acting like himself/herself
- ☐ Interacting less often with family
- ☐ Forgetting members of the family
- ☐ Responding less often or less enthusiastically
- ☐ Changes in behavior/activity level
- ☐ Having difficulty climbing stairs
- ☐ Having difficulty jumping
- ☐ Exhibiting increased stiffness or limping
- ☐ Drinking more often
- ☐ Urinating more often
- ☐ Changes in eating patterns
- ☐ Noticeably gaining or losing weight
- ☐ Losing housetraining habits
- ☐ Changes in sleeping patterns
- ☐ Losing vision
- ☐ Losing hearing
- ☐ Becoming confused or disoriented
- ☐ Experiencing changes in hair, skin, or new lumps
- ☐ Exhibiting bad breath/red or swollen gums
- ☐ Displays tremors or shaking
- ☐ Other: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_



# Senior Wellness Planning



57 Molong Road, Orange, NSW 2800  
Ph: (02) 6361 8388

Email: [orangevet@orangevet.com.au](mailto:orangevet@orangevet.com.au)  
[www.orangevet.com.au](http://www.orangevet.com.au)

[www.facebook.com/orangevethospital](https://www.facebook.com/orangevethospital)

**Molong Veterinary Clinic**  
89 Bank St, Molong, NSW, 2866  
Ph: (02) 6366 9021



## What is a Wellness Program?

Wellness programs allow us to diagnose diseases and conditions early, when they are easier to treat or manage. Wellness exams are a vital component of what is known as “preventative medicine”.

## A Pet's Lifespan

Dogs and cats (and other pets) age far faster than people, so significant changes in your pet's health can happen in a short time. Every year for a dog or cat is equivalent to five to seven human years, so it is important that your pet receives a wellness exam at least every year, and more often when they enter their senior years. They age faster, and they are less likely to show signs of being unwell.



## Factors to Consider?

There are many factors to consider when trying to maintain optimal health for our senior pets. Diet, weight control, controlling arthritis and other degenerative disease and maintaining a healthy mouth are all of vital importance. These will all be evaluated during a physical exam. But even when you're doing everything right, our pets still age and with age comes the increased risk of disease.



## Examination

Laboratory testing, involving blood and urine testing, can be thought of as an “internal examination”, which can reveal many disease processes that we can't see on a physical exam. Blood pressure monitoring can also be an important factor with kidney patients, and with some medications. After the physical exam has been completed, we will discuss any screening laboratory work that may be indicated for your pet. Bringing a urine sample to your appointment may help speed up the process.



In years gone by, we made the assumption that our older pets were fine until they showed us signs of illness. But we were wrong. We know that pets are experts at following their instincts and hiding signs of illness until that illness becomes advanced. The best way we can detect disease early, is not by observation of the pets behaviour but by monitoring our pets blood and urine parameters. We also know that the earlier we can detect a disease process, the better chance we have at adding both quantity and quality to our older pets life.

These tests will hopefully show that your pet is healthy, but if there are any problems, we will have detected them early so we can take action to improve their chances of staying as healthy as possible. The tests will also allow us to establish a “baseline” for your pet, against which we can compare future tests. This allows for more sensitive monitoring.