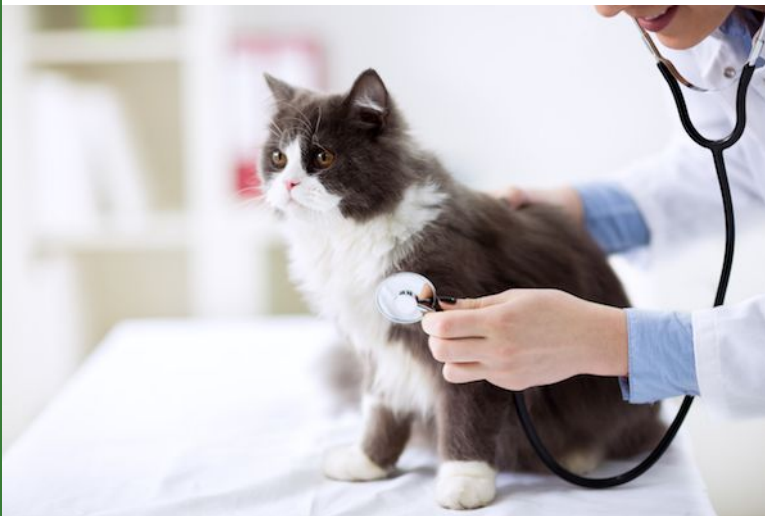




## Wags and Purrs Comfort Corner

### Thyroid issues in Cats



Cats can be diagnosed with two different types of thyroid issues - hyperthyroidism and hypothyroidism. While hypothyroidism in cats is rare, hyperthyroidism is very common and mostly affects middle age or senior cats. Fortunately, both are very treatable with medication and the prognosis for a long, healthy life is good with treatment. If left untreated, thyroid issues can lead to severe weight loss, damage to eyes, kidneys, brain and heart and in extreme cases, heart failure. For that reason, it's important to seek veterinary care for a cat showing any symptoms of hyperthyroidism or the rarer hypothyroidism, even a young cat.

Symptoms of the more common hyperthyroidism are:

- Weight loss with increased appetite
- Increased thirst

### Health Tip for the Season

While drinking more and rapidly losing or gaining weight isn't exclusive to thyroid issues, they are the most common symptoms your cat may be suffering from hyperthyroidism or hypothyroidism. The good news is thyroid issues are easily treatable with medications. Therefore, the earlier a diagnosis is made, the better the chance for a cat to be able to live a long, healthy life.

### Training Tip for the Season

Oftentimes, the most difficult part of getting a cat to the vet for a wellness check or exam is getting them safely into their carrier. An injured or ill cat that fights getting into a carrier can exasperate their condition due to stress. To work on getting a cat used to their carrier, and see it as a safe place and not a place to fear, is to create a good association with the carrier. To do this, start leaving the cat's carrier out where they can investigate and enter and exit freely. Putting treats

- Increased urination
- Hyperactivity
- Restlessness
- Vomiting
- Diarrhea
- Noticeable lump on the neck
- Increased breathing rate
- Thickened nails
- Poor body condition
- Unkempt fur that often appears greasy or matted

Symptoms of the rarer hypothyroidism are:

- Weight gain
- Hair loss
- Dry, flaking or peeling skin
- Weakness
- Lethargy
- Cold intolerance or low body temperature

If your cat is showing any of the symptoms listed above, make an appointment with your cat's medical professional immediately. Thyroid issues are diagnosed through a simple blood test. The vet will order a blood chemistry panel to check thyroid levels and prescribe medications if needed. Once on the proper treatment, cats can live happy and healthy lives.

in the back of the carrier will entice a shy or fearful cat to enter the carrier. After the cat has a good association with the carrier, they will enter much easier when it's time to go to the vet.

### Pet Sitter Tip for the Season

Emergencies happen when we least expect them, and when they do, every second counts! For this reason, make sure your Professional Pet Care Specialist knows where to find your cat's carrier and that it's easily accessible to them. If your cat has a medical emergency, your Professional Pet Care Specialist wants to be able to get care for the cat immediately. Precious minutes could be lost if they have to phone or text a pet parent, or rummage through a closet or basement trying to find a carrier.

## Featured Organization of the Month



C.A.R.T

The Westmoreland/Fayette/Allegheny County Animal Response Team (CART) is an all-volunteer, non-profit organization dedicated to helping animals in times of

disaster or emergency. Every County has a CART, which operates under the guidance of the State Animal Response Team (SART). CART Members come from all walks of life but share a love for animals, and are trained, credentialed emergency response officials. CART has two primary missions. The first is temporary sheltering for animals displaced by emergencies or disasters, such as fires, floods, extreme weather, etc. Like the Red Cross, which opens temporary shelters for people who have had to evacuate their home, CART can quickly set up a temporary animal shelter for animals displaced as a result of a disaster or emergency. It is critically important that when people must evacuate their home that they take their pets with them, and CART can give them peace of mind knowing that there is a safe place for their pets to go while they are in a temporary shelter for people. CART does not just deal with small animals like dogs, cats, reptiles, birds, etc., but can also, if need be during a disaster, arrange temporary sheltering for large animals such as horses as well as livestock. CART can also provide "Pet Care Comfort Kits" of supplies for people who may have lost everything in a disaster.

CART's other main mission is technical rescue, and that generally involves the use of specialized equipment to rescue animals that have somehow gotten themselves "stuck." Just a few of the technical rescues CART has conducted include the rescue of horses stuck in mud or cast in a trailer or stall, the extrication of a calf that had fallen into an abandoned mine shaft, a cat in a wall, and a dog in a sewer line. While all CART Members have completed extensive training, those serving on the Large Animal Team are required to complete specialized large animal technical rescue training due to the dangers involved when dealing with large animals such as horses or livestock, as well as the need to be proficient in the use of specialized rescue equipment.

CART is generally called out through 911 or by other First Responders or the Red Cross. While CART is not authorized to enforce animal cruelty laws, it can be called out to assist Humane Officers or Police for such things as animal hoarding situations. Also, while CART does not normally deal with wildlife, it can provide assistance to the Game Commission or Wildlife Centers by transporting injured wildlife.

CART is especially proud of its Pet Oxygen Mask Program. Program Sponsors provide funding for the purchase of special pet oxygen masks, and CART then distributes the masks to fire departments and other first responders, and also provides them with training on the masks as well as pet first aid and CPR. To date CART has been able to provide over 370 sets of pet oxygen masks to over 125 fire departments or other emergency response organizations.

More information about CART, including how to become a CART Member, sponsor pet oxygen masks, make a monetary donation, or donate items for our Pet Care Comfort Kits, can be found on CART's website:  
<http://westmorelandcart.weebly.com/>

You can also find information about recent incidents, activities, etc. on CART's Facebook page at <https://www.facebook.com/WFACART.PA>

December Birthdays



These pets will be celebrating a birthday in the month of December!

Moose Ferson  
Elu Ferson  
Peaches Ball  
Beppe Diorio  
Lizzy Bytner  
Shadow Bucu  
Bella Borrasso  
Olivia LaBella  
Moonlight Gomez-O'Toole  
Carmine Streussnig  
Maggie Gavalier  
Auri Roe  
Kara Saoirse Doyle-Bucci  
Reginald Tarbett  
Wink Middleton  
Kuma Chen  
Lewie Fine  
Lux Clark  
Vader Lenkey  
Rosie Float  
Taylor Schroeder  
Candy Clemente  
Lexi Jackson  
Lola Weinberg

Happy Birthday, all! Paw-ty hard!

## Healthy Homemade Treats for the Season

### Christmas Cookie Dog Biscuits

#### Ingredients

- 2 1/2 cups oat flour
- 1 cup finely ground almond flour
- 4 large strawberries, diced
- 1/3 cup pure pumpkin puree
- 1/3 cup water

- 2 tablespoons coconut oil

### Directions

Preheat oven to 350°F. Line two baking sheets with parchment paper. Set aside.

In a large bowl, mix all dry ingredients together.

In a separate bowl, mix all wet ingredients together.

Add wet ingredients to dry ingredients and thoroughly combine. Mix with a spoon or fork.

With your hands, knead dough for several minutes, eventually forming a dough ball.

Let dough rest for about 10-15 minutes in the freezer before rolling flat.

Sandwich dough ball between two sheets of parchment paper and roll flat (about 1/4" thick) with a rolling pin.

Using a cookie cutter, stamp out biscuits.

Place biscuits on baking sheet and bake 30 minutes.

Transfer biscuits to a wire rack to cool



### Crispy Liver Morsels

#### Ingredients

- 1/2 cup cooked chicken livers
- 1/4 cup water
- 1 1/4 cup whole wheat flour
- 1/4 cup cooked carrot, mashed
- 1 tablespoon soft margarine

#### Directions:

Preheat the oven to 325 F.

Place well-done livers in a blender with 1/4 cup water.

In a bowl, combine flour and margarine.

Add liver mixture and carrots and knead dough into a ball.

Roll dough to 1/4 inch thick and cut into one-inch sized pieces.

Place cookies on a greased cookie sheet and bake at 325 F for 10 minute





## Barking Truth

By Comfort at Home Pet Services

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.

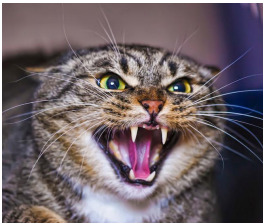


Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions

to [Jen@comforthomepetservices.com](mailto:Jen@comforthomepetservices.com)

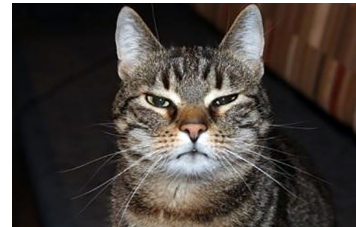
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Comfort at Home Pet Services LLC | 308 Woodstone Drive, Pittsburgh, PA 15235

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