



Wags and Purrs Comfort Corner

Cat Health Overview



February is National Cat Health Month! With new breakthroughs in pet healthcare, our pets are living longer than ever and to give them the best chance of being healthy all their lives, a few basic steps are needed.

The backbone for good health is always nutrition and cats are no different. One of the main differences between cats and dogs is that moisture content plays a large role in healthy cat food. Cats are prone to kidney issues and making sure their food has the right moisture content goes a long way in promoting kidney health. For this reason, canned, or “wet” cat food is superior to a diet of just kibble. Canned cat food has a moisture content of at least 75 percent, making it a good dietary source of water.

One of the many misconceptions about cats is that they will clean themselves. Cats still require brushing, grooming, nail care and dental care to

Health Tip for the Season

Dental health is important for our pets at any age, but can become a larger issue as our pets enter middle age and their senior years. Dental issues aren't just about bad breath and discolored teeth. Untreated dental problems can lead to bigger health concerns like diabetes, kidney issues and heart disease. For this reason, a pet parent must take time to brush their cat's teeth. Starting at a young age will help a cat get used to this process, but if an adult cat is still not allowing proper dental care, speak to your vet about the best ways to handle your cat's dental care, which may include getting their teeth cleaned at the vet's office.

Training Tip for the Season

Regularly scheduled health and wellness exams are a critical part of keeping cats healthy well into their twilight years but getting them there may be the most difficult part. To reduce stress, create a positive association

keep them in their best possible health. Long-haired cats especially are prone to tangles and matting, which can lead to skin infections. Not all cats will require a trip to the groomers, but all – yes, even shorthaired – require brushing.

Cats are very intelligent, inquisitive creatures and need to work their minds as well as their bodies. Indoor only cats will need a way to not only keep themselves physically active, such as with cat trees and toys, but they also need to work their minds. Cats can get mental stimulation from puzzle toys, cat window seats and even homemade mazes!

As with all pets, proper veterinary care and wellness checks are critical to a cat's health. Cats are more susceptible to upper respiratory infections and kidney issues. If you notice your cat is not acting like themselves – quits playing and interacting or starts having litter box issues – it's time to schedule an appointment with your veterinarian as soon as possible.

Some healthy cats will have issues with certain types of litter or litter box placement, if this is the case, there are many different types of cat litter to choose from that might be a better fit for your cat.

If traveling with your cat, whether for a vacation or simple trip to the vet's office, always use a properly sized cat carrier! While they do make cat seatbelts, please always be aware that cats are expert escape artists and many can wiggle out of the seat belts with ease putting themselves and the driver at risk. Cats should never be allowed to roam around a car freely

Cats give us love, laughter and companionship all their lives, and with a few easy steps, we can make sure they are healthy and well the entirety of the precious time we have together.

with your cat's carrier by leaving the cat's carrier out where they can investigate and enter and exit freely. Putting treats in the back of the carrier will entice a shy or fearful cat to enter the carrier. If needed, stress reducing pheromones may help a cat to relax. In extreme cases, speak to your vet about possible medications that may help a cat remain calm during their next vet visit.

Pet Sitter Tip for the Season

As pet parents we are very fortunate that many illnesses and diseases can now be treated with proper medications. The catch, cats don't always see it that way. If your cat is putting up a fight about taking their medications, speak to your Professional Pet Care Specialist about techniques that could help medicine time be less of a stressful event for both you and your cat. Some medications can even be used transdermally. Speak with your cat's veterinarian to see if that is an option for your cat.

Featured Product of the Month



Cat Mental Stimulation Toys

Mental stimulation helps our pets exercise their minds! Toys, puzzles and games are a great way to provide our pets with mental stimulation. A half hour of mental stimulation is the same as an hour of physical exercise and is crucial for cats who may not be getting all the required physical exercise they need. Cats are inquisitive and love to stalk and hunt prey, and there are many fun mental stimulation games made just for them! Pictured above are the [Cat Amazing – Best Cat Toy Ever! Interactive Treat Maze & Puzzle Feeder for Cats](#) and [Outward Hound Tail Teaser](#).

For more information on the importance of mental stimulation in your pet's care, please visit our blog posts [Mental Stimulation for Pets](#) and [Cat Mental Stimulation](#).

February Birthdays



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

Figaro Ball
Molly Doyle
Tigre Rodriguez-Cochran
Kenai Ellis
Lucy Bishop
Figaro Bishop
Pax Chen
Sheriff Miller
Daisy Rissler
Wickett Lenkey
DBo Leonard
Fluffy Wolfe
Big Ears Wolfe
Bella Matthews
Rosie Adams
Jaxx Ortiz
Harley Bonacci
Penny Bonacci
Melvin Chapman
Cray Cray Soisson
Rosy Labrasca

Healthy Homemade Treats for the Season

Heart Shaped Cranberry Cookies for Dogs

Ingredients

- 2 Eggs
- 1.5 Cups Almond Flour
- 1 Tablespoon Coconut Oil
- 3-4 Tablespoons Coconut Flour
- 1/2 Cup Dried Cranberries



Directions

Preheat oven to 325 degrees

Beat the eggs and set aside

Combine almond flour, coconut oil, and dried cranberries in a bowl.

Add in the eggs and knead the ingredients with your hands. Dough will be wet and sticky.

Add in the coconut flour one tablespoon at a time to achieve a consistency that is easy to roll out and not overly sticky. This should take approximately 3-4 TBSP.

Roll out the dough and cut out the treats using heart shaped cookie cutters.

Place the treats on a cookie sheet lined with parchment paper.

Bake for 15-18 minutes or until crisp.

Catnip Heart Cookies

Ingredients

- 1 cup of all-purpose flour
- 1/4 cup of whole wheat flour
- 2 tablespoons of wheat germ
- 2-4 tablespoons of catnip
- 1/3 cup of milk
- 2 tablespoons of vegetable oil
- 1 tablespoon of molasses
- 1 egg



Directions

Begin by preheating the oven to 350 degrees.

Combine the dry ingredients in a bowl (flour, wheat germ and catnip).

Combine the wet ingredients in a bowl (egg, milk, vegetable oil and molasses).

Mix the wet and dry ingredients together and work it into a dough

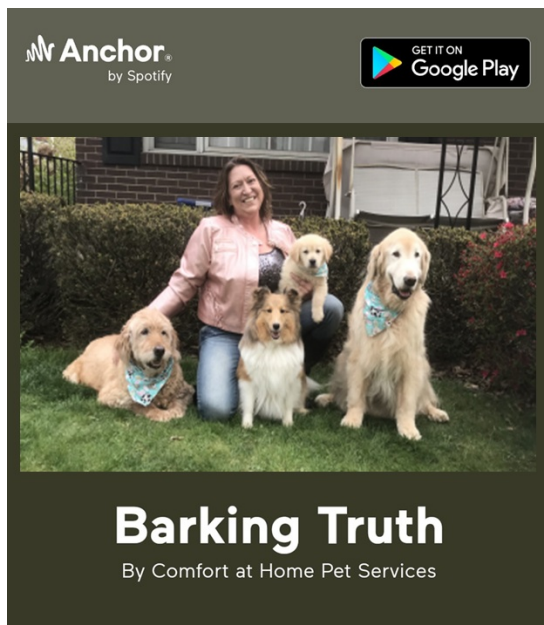
Remove a portion of dough and use a rolling pin to flatten the dough to a thickness between 1/8 of an inch and 1/4 of an inch.

Cut the dough into hearts using a cookie cutter or a knife.

Place the cookies on a lightly greased cookie sheet.

Bake the cookies for 10 to 15 minutes, or until the cookies are crisp and lightly browned.

Barking Truth



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!

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