



CatWatch

Expert information on medicine, behavior and health from a world leader in veterinary medicine



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IN THE NEWS ...

A National Database Can Help Find Clinical Trials

If you're considering a clinical trial for your cat as an option for treatment, you'll find extensive listings on a new database from the American Veterinary Medical Association, www.avma.org/findvetstudies. The AVMA Animal Health Studies Database is the first of its kind for owners and researchers.

The database offers "one-stop shopping for people with animals with certain conditions who may be interested in trying to find out if there are any studies that may either help their animal or may at least help direct the advancement of knowledge for the condition," the AVMA says.

As do many colleges, Cornell University College of Veterinary Medicine lists clinical trials on its searchable website at www2.vet.cornell.edu. The AVMA database is national, including about 100 studies from the Veterinary Cancer Society, with plans to extend listings in Canada and the United Kingdom. ♦

The Telling Sign of Fatty Liver Disease

Diminished appetite can be life threatening if it's not treated with intensive hospitalization and home care

As a species, cats have earned the reputation of being finicky eaters. But if your cat is avoiding food, don't dismiss it as mere feline pickiness. Avoidance of food can be a symptom of hepatic lipidosis, a common yet serious liver condition also known as fatty liver disease. If left untreated, hepatic lipidosis can be deadly.

The hospitalization required for treatment of hepatic lipidosis can be long and expensive, and recovery requires owner dedication once at home. However, with



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Affected cats often just don't eat less. They may avoid food as if they're afraid of it.

proper intensive care, the prognosis for cats with hepatic lipidosis is excellent. More than 85 percent of cats who survive the first 96 hours of hepatic lipidosis treatment will go on to recover fully. And cats who who survive an episode of hepatic lipidosis rarely relapse.

Secondary Problem. When the disease strikes, it is rarely the primary problem. In more than 90 percent of cats, hepatic lipidosis is secondary to an underlying

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20 Inspirational Ideas for the New Year

Some are spins on tradition, with new advice on avoiding over-vaccinating and the exam needed before tooth brushing

At the close of each year, do you find yourself writing a list of ambitious resolutions to eat healthier and exercise more? Perhaps you decide to eat more kale and spend more time at yoga and less lounging on the couch. We often craft New Year's resolutions with good intentions but rarely fully achieve them.

If we shift our healthy goals toward bettering our cats' lives, however, we may just be more motivated to accomplish them throughout 2017. "Maintaining a pet's health is just as important as maintaining your own health," says Leni Kaplan, DVM,

MS, a Lecturer in the Community Practice Service at Cornell University College of Veterinary Medicine.

Marking Progress. "Due to the strength and exquisiteness of the human-animal bond, it is more likely that an owner will find it easier to adhere to a resolution for their pet than for themselves. And remember, any progress is better than no progress at all when it comes to maintaining your health and your pet's health."

One primary goal that Dr. Kaplan has set to benefit her young cats, Eve and Katie:

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CatWatch

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SHORT TAKES

'Foraging Devices' Make Them Work for Their Food

Given that it's the official publication of the International Society of Feline Medicine and the American Association of Feline Practitioners, the *Journal of Feline Medicine and Surgery* doesn't disappoint in its scholarly approach.

In advocating environmental enrichment for indoor-only cats, it calls food puzzles "foraging devices." The journal warns that, if not managed appropriately, indoor life can contribute to health problems such as obesity and diabetes, and problem behaviors such as house-soiling and attention seeking: "The latter can threaten the relationship between cat and owner, and in extreme cases even lead to euthanasia." (See advice on attention seeking on the facing page.)

The journal explains that food puzzles were developed for captive zoo, sanctuary and laboratory animals to take advantage of their instincts to work for their food: They're natural predators who tend to eat multiple small meals each day. It also addresses availability, noting puzzles are stationary, mobile, rolling and pushed with cats' noses or paws, and gamely suggests that you could make your own by cutting holes in egg boxes or water bottles.

Then the journal gets down to business, combining science and common sense to help owners make the best use of food puzzles. Acknowledging that this is a relatively new area of study, it offers this advice for owners:

- ◆ Introduce the puzzle when your cat is likely to be hungry. A novel treat may spark his interest and appetite.
- ◆ Start with open puzzles with many openings so your cat can see, hear and smell food inside.
- ◆ If he initially resists working for food, remove his regular food dish. If you think he'll be stressed by the change, offer the puzzle next to the storage container holding the food.



Most cats can adjust to food puzzles, given time, patience and proper staging, says a veterinary review of their use.

- ◆ A nervous cat may prefer the puzzle in a quiet area to explore it undisturbed.
- ◆ You may have to roll or nudge the puzzle at first to maintain your cat's interest.

"Our collective experience is that most, if not all, cats can adjust to food puzzles, given time, patience and proper staging," the journal says, adding that senior cats, kittens, three-legged cats, blind cats and cats with other disabilities, such as partial paralysis, have all been observed to use a food puzzle of some type.

The ultimate goal: Eventually, you can remove regular food dishes and your cat can receive all his food from puzzles. "Advanced foragers can benefit from your hiding puzzles around the house," the journal says. The hunt is on.

The Favored Veterinary Topic

Nutrition is the most pressing subject that cat owners want to discuss with the veterinarian, according to a Royal Canin survey of 1,0001 owners in the U.S. But the same survey, conducted at the end of summer, found that 60 percent of owners don't regularly take their cat to the veterinarian. Compared to dogs, cats are three times less likely to be taken to the veterinarian — they're often taken only when they're ill.

Royal Canin lists these signs that cats may need a veterinary checkup: changes in appetite; significant weight loss, more or less water consumption; changes in breathing efforts, activity and litter box habits; vomiting, diarrhea, coughing and sneezing. ◆

When They Demand Nonstop Attention

We reward them so they persist, especially with their preferred vocalization — intense meowing

When your cat walks between your legs, paws at your ankles or edges into the space between your neck and the sofa, he has one goal in mind: He wants to get close to you. The behavior can help further your bond — there's no need to stop it

But when he walks over your keyboard while you're trying to work or meows nonstop, attention-seeking behavior becomes annoying or even destructive — for example, if you lose work that you hadn't saved.

Unknown Origin. “We don't know the motivation for it,” says Katherine A. Houpt, VMD, Ph.D., professor emeritus at Cornell University College of Veterinary Medicine and a founder of the American College of Veterinary Behaviorists. “Sometimes it is stress, but you can't blame everything on stress. Many cats demand attention



If a cat discovers a behavior seeking attention brings him what he wants, he'll increase it even more.

when there's no stress, but they like to be petted, talked to and played with.”

If a cat discovers that the behavior brings him what he wants, he'll increase it to get more attention. Common ruses include jumping up to be at your level, knocking objects over, even an inhibited bite. “Meowing is what cats do the most for attention — you can't ignore it,” Dr. Houpt says. “It doesn't take many calories to meow,

so they can do it for a really long time.”

Irregular litter box cleaning on your part may contribute to attention-seeking. “A good cat will come and tell you to change it, but most cats will just eliminate in a different place like your bed or rug,” Dr. Houpt says.

It doesn't take long for any behavior to become ingrained. About 20 repetitions of a behavior will teach a cat the consequences of his behavior, Dr. Houpt says. If you

want your cat to jump up on the chair with you, and you treat him every time he does, soon he will be jumping up on his own and expecting a treat.

Reward Ratio. Because your cat has repeated a behavior and you've rewarded him intermittently, he has a high ratio of demand to reward. Hope springs eternal, and he will keep trying. “He thinks if three meows don't get him what he wants, he'll try 25,” Dr. Houpt says.

The alternatives: You can clicker train a cat to sit on a mat away from you rather than let him continue to paw at you. Environment enrichment can prevent boredom and engage more of his time and energy. Offer more playtime, install cat trees, tunnels and a catio — an enclosed cat patio — so he can safely enjoy the outdoors.

One difficulty in working with a cat entrenched in this behavior is that you can teach him to stop doing something specific to you, like jumping into your chair, but not with other people. In that case, Dr. Houpt says you can counter condition him to sit or do something incompatible with jumping up such as going to a certain place.

In counter conditioning, if the cat is afraid of something, perhaps the sound

(continued on page 5)

WHEN IT'S NOT A BID FOR ATTENTION

It's possible that separation anxiety causes a cat's intense meowing or caterwauling and is not simply a typical bid for attention. True separation anxiety is panic when left alone — panic to the point of destroying objects in the home.

It's not necessarily due to a traumatic event; some cats are simply predisposed to it. Oriental breeds — Siamese and Tonkinese — may be predisposed. A medical cause is also possible and should be ruled out before heading to the veterinary behaviorist.

Separation anxiety can be treated with or without medication, but medication alone will not be sufficient, says Katherine A. Houpt, VMD, Ph.D., at Cornell. “Medication will work only if you combine it with behavior modification.”

You can find members of the American College of Veterinary Behaviorists by state at www.dacvb.org.



Oriental breeds such as Tonkinese may be predisposed to separation anxiety.

LIVER ... (continued from cover)

condition, says Meredith L. Miller, DVM, ACVIM, a Lecturer in Small Animal Medicine at Cornell University College of Veterinary Medicine. Examples of these diseases include:

- ◆ Cholangiohepatitis, or inflammation of the liver and the biliary system, which includes the gallbladder and bile ducts
- ◆ Pancreatitis, or inflammation of the pancreas
- ◆ Inflammatory bowel disease
- ◆ Cancer

"These diseases cause poor appetite or decreased absorption of nutrients," Dr. Miller says. "In the remaining 10 percent of cases, primary hepatic lipodosis can occur if a cat does not eat due to stress, diet change or inability to get to food, leading to a severe lack of caloric intake."

Most cats with fatty liver disease have had a reduced appetite or no appetite for one to two weeks and have

often lost up to 25 percent of their body weight. The condition can also occur more gradually.

The prevalence of hepatic lipodosis is not well understood. Any cat can develop the disease, although it primarily affects middle-aged and older cats, with females being at greater risk. Overweight cats are also prone to develop the condition. This might seem counterintuitive because hepatic lipodosis results from being undernourished or starved, but it makes sense when you understand the disease as it relates to the liver.

Typically, when an animal doesn't receive enough nutrition, the body moves fat from its reserves into the liver to be converted into energy. However, cats' bodies are not designed to convert large amounts of fat this way. When a starving cat's liver tries to process a large amount of fat at once, it does so inefficiently. As a result, fat accumulates in the liver, which swells and turns yellow. This impedes overall liver function (see sidebar below) and, if left

untreated, will eventually cause life-threatening complications.

Hepatic lipodosis often accompanies periods of stress, including:

- ◆ Changes in diet
- ◆ Diabetes, kidney disease, cancer and other illnesses
- ◆ Aggressive weight loss attempts by owners
- ◆ A cat becoming lost, away from home and meals

Affected cats often become reclusive. Many don't just eat less — they actively avoid their food and might not go near it, as though they're afraid of it. Cats can often become jaundiced, with a yellow tinge in their gums and on the skin in their ears. Additional symptoms can include:

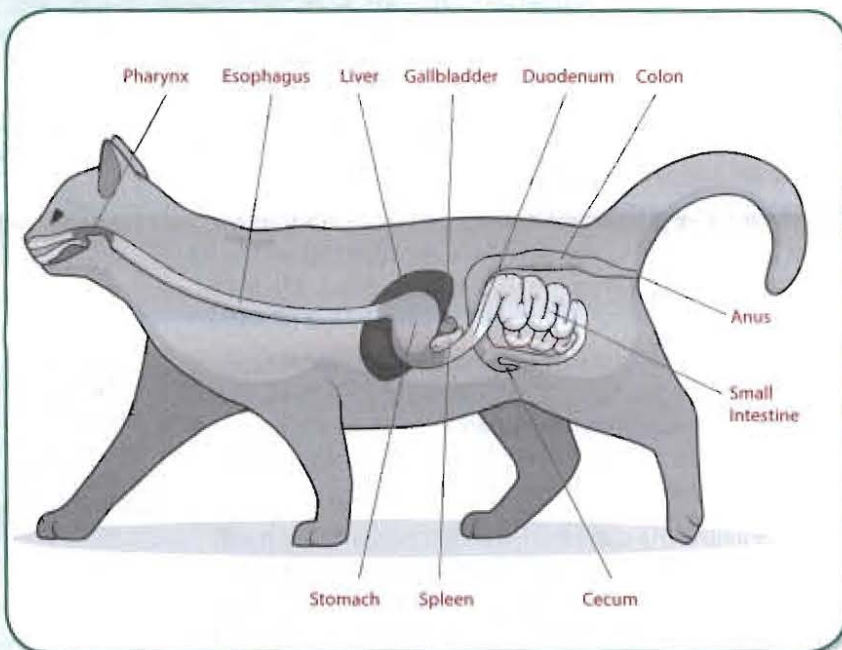
- ◆ Weight loss
- ◆ Vomiting
- ◆ Diarrhea
- ◆ Constipation
- ◆ Muscle wasting
- ◆ Depression
- ◆ Downward bending of head and neck
- ◆ Drooling
- ◆ Collapse

THE LIVER'S ROLE IN DIGESTION

The liver serves many purposes, so that when hepatic lipodosis disrupts its function, the situation can quickly become life threatening. A cat's liver is large compared to other internal organs. It's reddish brown in color, divided into several separate sections called lobes, each made up of thousands of tiny structures called lobules. Those in turn are made of cells called hepatocytes.

The liver plays an essential role in the digestion of food. It synthesizes proteins and certain fats; stores vitamins; manufactures bile (a fluid needed for absorbing fats and aiding digestion); reduces the poisonous properties of chemical compounds and manufactures a variety of hormones.

The liver has remarkable capacity to regenerate following disease or injury once the inciting insult has been removed or treated.



The feline liver is located next to the stomach.

Owners who see these symptoms should seek veterinary care immediately. Diagnosis can be confirmed by a physical examination, blood tests, analysis of liver tissue samples and ultrasound imaging. The ultrasound will show the liver to be enlarged and bright, and characteristic changes on blood work are often seen.

The good news is that veterinarians today have an excellent understanding of how to treat cats with hepatic lipidosis. However, the care can require weeks to months of assisted feeding and metabolic support, as well as treatment of any underlying medical problems. Cats who make a successful recovery often require a week or more of hospitalization. The length often depends on the owner's ability to administer proper care at home.

Ensuring that an affected cat receives proper nutrition requires placement of a feeding tube. One of the common errors made is trying to encourage the cat to eat or having the owner force-feed the cat in hopes of avoiding tube placement. Such attempts are ineffective, Dr. Miller says. Insufficient food is provided, the hepatic lipidosis continues, and the cat develops an aversion to food that slows recovery. It helps recovery if food and nutrients are provided with a feeding tube as soon as possible.

Feeding by Tube. Placement is usually done via an esophagostomy tube, which enters the esophagus from the

side of the neck. This tube can be left in place for months and provide a passage for medications and food.

"Most cats will be hospitalized, but home care is equally important, and owners must be willing and able to feed and medicate their cats three to four times a day," Dr. Miller says. The feedings can take 15 to 20 minutes each time.

Getting through the hepatic lipidosis crisis is only the first step. After recovery, the underlying disease needs to be identified to learn why the cat initially developed hepatic lipidosis. Diagnosis could require an extensive work-up that includes liver or intestinal biopsies. Due to the extensiveness of the treatment, veterinary bills can add up quickly. The cost for an intensive hospital stay can be \$4,000 to \$6,000. If an owner's ability to meet such hospital costs is limited, the veterinarian might be able to place a feeding tube and give directions on nutrition and care at home. While such a situation is not ideal or as safe as in-clinic care, it may be doable and even successful in some cases, Dr. Miller says.

As with many diseases, the prognosis depends heavily on how promptly



Veterinarians diagnose hepatic lipidosis with a physical examination, blood tests, analysis of liver tissue samples and ultrasound imaging.

a cat receives needed care. Reducing stress is paramount for recovery. Owners might want to set aside space in their home where their cat can rest quietly, away from household traffic. They will need to monitor their cat's weight and overall health. Afterward, because obesity is a risk factor for hepatic lipidosis, the veterinarian will likely provide dietary guidelines to maintain the cat's healthy weight.

Though hepatic lipidosis can be a challenge to treat, with dedicated care the majority of cats will recover. The long-term prognosis will depend on the underlying disease condition though most of the common causes can be successfully managed. ♦

BEHAVIOR

ATTENTION... (continued from page 3)
of the garage door opening, give a treat just as he begins to hear the sound so he can associate the scary sound with something pleasant.

If you dislike a particular behavior, such as pawing, wait until he stops before you pay any attention to him. One important caveat: Punishment doesn't work well in extinguishing attention getting. If your cat jumps on your lap when you don't want him to, you might stand up

and he falls. He won't do it again, at least not for an hour or so.

Just Ignore Him. Ignoring him works much better than a correction. Negative reinforcement and punishment are not the same thing. Negative reinforcement is when you do something unpleasant like blow at him until your cat does what you want — that is, moves away. His reward is removing the negative enforcement. A correction is when the

cat does something you dislike, and as a consequence you do something unpleasant such as yelling at him. Ignoring that behavior by not reacting, getting up and leaving the room without responding, even without looking him in the eye is effective but has to be consistent.

"The only negative thing I have done with my cats is if they jump on my desk, they get groomed with a brush I keep on my desk. It's a correction that seems to work," Dr. Houpt says. ♦

IDEAS...*(continued from cover)*

"I want to build a catio so they can enjoy the great outdoors and experience the sensation of grass tickling their paw pads."

Behaviorist Katherine A. Houpt, VMD, Ph.D., professor emeritus at Cornell, has seen the value in installing a catio for her cat, Hadley, a 5-year-old Ragdoll. "She spends a lot of time there and gets outdoor enrichment in a safe manner and I hardly have to clean the litter box inside."

Our two experts offer 20 inspirations — some a spin on traditional resolutions — to improve your cat's mental and physical well-being as we usher in 2017.

Maintaining well-being

1 Topping the list is booking a wellness examination for your cat at least once next year — twice if he's a senior.

"Not taking your cat to the veterinary clinic for an annual exam year is one of the greatest failures of cat owners," Dr. Houpt says. "A lot of things can happen to a cat's health in a year. Plus, cats tend to hide any signs of pain or injury. The complete physical examination can help catch things early when they can be better treated."



Elevating care and reducing stress during visits.

2 Set up your cat for a less-stressful visit to the veterinary clinic by introducing him to his carrier at home. Leave the door open and feed his meals in the carrier for a week before your appointment to create a positive association with the carrier.

"Select carriers with top and front openings — or ones with tops that can easily be unscrewed and removed," says Dr. Houpt. "A fearful cat can be examined inside the carrier in the exam

room, if necessary. And, if possible, seek clinics with separate cat-dog waiting areas or cat-only practices."

3 Discuss the option of checking vaccine titers with the veterinarian if over-vaccinating is a concern. This alternative to vaccine boosters involves having the veterinarian draw blood from your cat for analysis.

Ask about core (essential) and non-core (life-style based) vaccines. "In order to avoid over-vaccinating cats, veterinarians and owners will discuss a pet's lifestyle, risk and exposure to infectious agents, and together they will make a decision regarding which vaccines are necessary for that pet's protection," says Dr. Kaplan. "Owners should make sure to discuss whether vaccine titers are appropriate for evaluating the immune status of their pets."

Practicing litter box hygiene

4 Step up litter box cleaning. Make sure to scoop each litter box daily and provide at least one litter box per cat plus an extra in your home.



Coarse litter or recycled paper?

5 Avoid harsh chemicals and instead use a mild dish soap to wash the lit-



You may want to ask the veterinarian about checking your cat's immune status before administering booster vaccines.

ter boxes. Make sure to allow the boxes to air dry before filling with fresh litter.

"Do not use heavy cleaners, such as bleach, to clean the litter pans, as these cleaners leave behind a strong odor that is offensive to cats and may discourage them from using the pan," says Dr. Kaplan. "Make sure the litter pans are replaced every one to two years. Despite consistent cleaning, odors will accumulate and the cats will not want to use them."

6 Inspect the litter box contents. Veterinary visits are warranted if the deposit is runny or rock-hard or if you detect blood in the feces or the volume of urine is suddenly much higher than normal — a possible sign of diabetes.

7 Allow your cat to test different types of litters to determine the one he prefers. Some cats like coarse litter while others may prefer litter made of recycled paper.

Brushing and treating

8 Invest five minutes every day to brush your cat's coat. Select the right brush or comb that fits his coat — short-haired, longhaired or nearly hairless like the Sphynx.

"Regular brushing reduces the risk of your cat developing matted coats," says Dr. Houpt. "Brushing also helps distribute the oils in the coat. I recommend getting a cat used to being brushed by giving

a tiny treat after one stroke of the brush, followed by two strokes of the brush and another treat. You will build a positive association with the brush because the cat is rewarded with treats."

9 Inspect the coat carefully during grooming. Be on the alert for suspicious lumps or bumps that may indicate a skin condition or possible disease.



Avoiding matted coats.

10 Trim your cat's claws at least once a month to prevent overgrowth and torn or split nails.

Daily tooth brushing — Yes!

11 Commit to brushing your cat's teeth daily — it's the gold standard for prevention — but first check with his veterinarian to make sure he doesn't have any problems causing pain in his mouth. The veterinarian can provide information and guidance about daily tooth brushing. Cats like routine, so try to brush at the same time each day and follow with a healthy treat or playtime. Start gently, using gauze wrapped around your finger and dipped in chicken broth or toothpaste before moving on to brush.

12 Ask your cat's veterinarian to regularly evaluate his oral cavity. More than 70 percent of cats have gum disease by age 3, according to the American Veterinary Dental Society. Selecting dental products, such as cat finger brushes, dental treats, dental rinses and cat-safe toothpaste with the seal of approval from the Veterinarian Oral Health Council can help prevent disease while maintaining your cat's oral health.

Going bowl-free

13 Bring out the inner hunter in your cat by going bowl-free for at least one meal a week. Instead, put the measured portion of food in a food puzzle or treat ball for him to swat and bat around to trigger the release of the kibble from the device.

"Treat balls help slow eating if you have a cat who seems to quickly gulp down food," says Dr. Houpt. "Chasing and swatting a food puzzle can also serve as an outlet for cats who can be pushy at mealtime or chase your ankles."

14 Become a label reader. Select quality commercial products that list a real meat, such as beef, chicken or salmon, as the first ingredient. Choose food made in North America to ensure quality compliance.

15 Measure each meal to prevent obesity in your cat. Overweight or obese cats are at greater risk for a host of health conditions, including arthritis and diabetes, so strive to keep your cat at a healthy weight. More than half of cats are overweight or obese, according to the Association for Pet Obesity Prevention. Cats fare best when they are served two or three meals a day and not allowed to graze all day from a bowl overflowing with kibble.

"Due to intestinal upset and sensitive stomachs, especially in our senior/geriatric population, I often recommend feeding at least three times per day," Dr. Kaplan says. "When pets go longer than



Measuring each meal.

eight hours between meals, they often vomit (bilious vomiting syndrome) or resort to dietary indiscretion since they are hungry. Pets who are meal-fed are much more lean and in shape those fed free choice."

Making a happy home

16 Let your indoor cat view what's going on outside from a safe place by positioning a sturdy scratching post or cat tree, or provide a window sill with a comfy perch so he can "stalk" birds and squirrels.

17 Allow your cat to climb and survey a room from on high by installing cat-safe shelving.

18 Buy or build a catio to give him safe outdoor access. Or if you have an outgoing, confident cat, train him to wear a harness and walk on a leash.



Training a confident cat to wear a harness and walk outside on leash.

19 Schedule daily mini-play sessions. Mix and match different types of cat toys to keep his interest. Toss catnip-filled toys or crinkly balls for your cat to chase or drag a feather wand toy for him to stalk and pounce.

20 Boost mental stimulation by teaching your cat new tricks or introducing him to clicker training.

"Clicker training is an example of positive reinforcement training," says Dr. Kaplan. "It can not only teach a cat new tricks but also build his confidence." ♦



Elizabeth

Elizabeth is thankful for the assistance of the Cornell Feline Health Center in providing the answer on this page.

What's the Cause of Wailing And Howling at All Hours?

Q I have a 16-year-old domestic shorthaired cat I adopted from the humane society approximately 14 years ago. She is healthy, with no apparent diseases that we are aware of, and she is strictly an indoor cat.

Recently, she has begun yowling and wailing at all hours of the day and night. She often wakes me up very early in the morning with her vocalizing, and it is affecting my sleep. There have been no changes in her diet, litter box or in our household routine. Can you provide some insight into what may be causing this behavior?

A Thank you for getting in touch with us, and I understand that this must be a concern for you and your family. Cats can be very vocal creatures (I know I certainly can!), and they are very good at getting their owners' attention, often at inconvenient times of the day or night. There are a number of reasons that a cat may vocalize in this manner, ranging from normal to indicating disease, and I hope that I can provide some advice regarding the next steps to take in determining what is causing her to behave in this way.

The first thing to rule out is a disease. Urinary tract infections and/or stone formation in the urinary tract can be associated with pain and discomfort, and may cause cats to vocalize. In many of these cases, they may show other signs of illness in the urinary tract, such as frequent urination, vocalizing upon urination, blood in the urine or avoidance of the litter box. They may associate the act of urinating with pain, and therefore stay away from the place they normally urinate.

Certain diseases of the central nervous system, such as tumors or infections of the brain, can cause cats to behave abnormally. In many of these cases, cats will show some other sign of central nervous system problems, such as seizures, problems with balance, abnormal eye movements and/or lethargy/depression.

Another typical cause of excessive vocalization is hyperthyroidism, the most common endocrine (hormonal) problem in cats. In this condition, the thyroid gland, which is located in the neck (behind the larynx, or "voice box") produces excessive thyroid hormone (thyroxine), a hormone that is important in a variety of organs in the body. High thyroxine levels can cause a cat to become hyperactive, have a ravenous appetite, lose weight despite eating more than usual, drink and urinating excessively, and to have an unkempt appearance. Owners of hyperthyroid cats often report that they vocalize excessively and at odd times of the day. In many cats with hyperthyroidism, the enlarged thyroid gland can be felt as a lump in the neck.

Another cause of excessive vocalization in cats may be age-associated deterioration of vision and/or hearing, leading to disorientation and confusion. Increasing age is also associated with an increased likelihood of dementia, which many veterinary behaviorists feel cats suffer from in a manner that is very similar to that seen in humans with age-associated dementia.

My best advice is for you to visit your cat's veterinarian for a check-up as the first step in addressing this problem. He or she can help rule out medical causes of excessive vocalization, treat them if diagnosed, and/or make recommendations about how to address those causes not directly associated with a disease.

In most cases, cats with this problem can be managed well with appropriate diagnosis and treatment of underlying diseases, behavioral modification and/or anti-anxiety medications as guided by the veterinarian and/or veterinary behaviorist.

I understand that your kitty may be driving you bonkers right now, but please hang in there and seek veterinary assistance. I am sure that, with time, you will find a solution so that both you and your kitty can get some sleep! ♦

—Sincerely, Elizabeth

PLEASE SHARE YOUR QUESTIONS

We welcome questions on health, medicine and behavior, but regret that we cannot comment on prior diagnoses and specific products. Please write CatWatch Editor, 535 Connecticut Ave., Norwalk, CT 06854-1713 or email catwatcheditor@cornell.edu.

COMING UP ...

❖
DESTRUCTIVE
BEHAVIOR

❖
LIMPING

❖
HOME CARE OF
THE CANCER
PATIENT

❖
VOMITING

CORRESPONDENCE

The Editor
CatWatch*
535 Connecticut Ave.
Norwalk, CT 06854-1713
catwatcheditor@cornell.edu

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