How to Be Your Pet's Pain Advocate



Look
for changes in normal



Learn
the signs



Take
a video



Write
it down

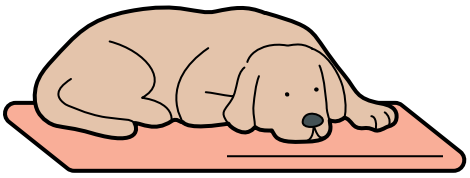


Share
with your veterinary team

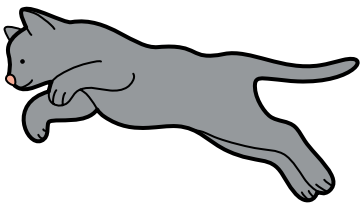


Monitor
and adjust

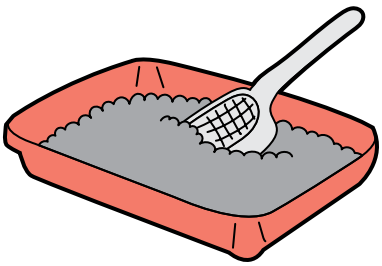
Signs of Potential Pet Pain



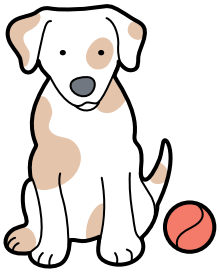
Slow to rise



Changes in how cat goes up/down steps or jumps on/off things



Going outside the litterbox



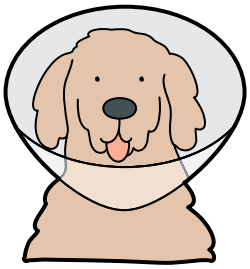
Less interest in play



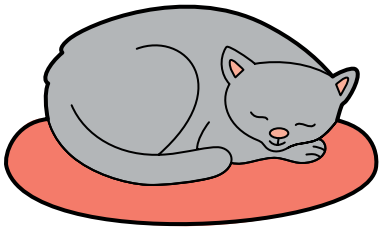
Decreased grooming



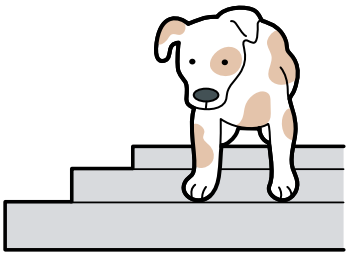
Irritability or hiding



Licking or chewing a certain spot



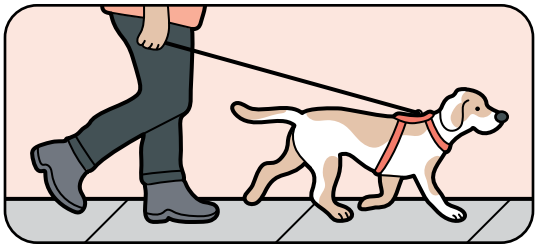
Less energy, increased sleeping



Difficulty with or avoiding stairs

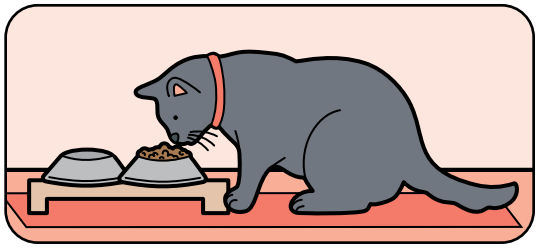
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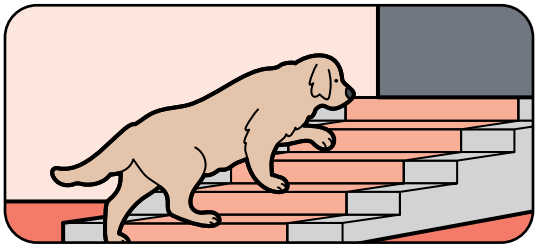
5 Ways to Pain Proof Your Pet's Home



Make low-impact exercise routine. Get the OK from your vet first, but many pets benefit from regular low-impact exercise to keep muscle strength up and body weight down.

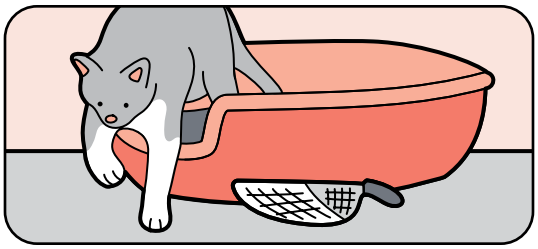
Keep bowls on the floor, slightly elevated, and with a rug beneath their feet so they can safely and securely eat and drink. The cat that used to jump onto a counter for food and water may not be able to... or only muster one jump a day.

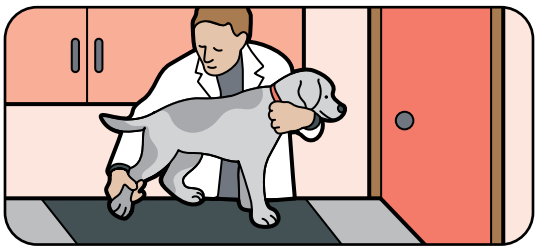




Non-slip flooring is a must! The most fashionable homes include lots of rugs with pet hair, right? Add non-slip flooring like rugs, carpet or yoga mats to your pet's most traveled areas and especially on stairs to prevent slippage.

Keep it on the down low: litterbox entry. Many cats with arthritis and hidden pain will have difficulty climbing in and out of litterboxes, or find them too constrained to comfortably "assume the position." Make sure to have low entry boxes, and ideally one more than the number of cats in your household.





Regular veterinary visits. Your veterinary team can make specific recommendations for your pet's home based on their exam, and may suggest special food, treats, supplements or medications that may help.

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