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# Get over summer with your feline fur friend

This newsletter contains top tips for keeping your cat healthy and happy this summer

## Cooling

We have all experienced 40-degree summer days; while humans can seek coolness in swimming pools, beach, or their bedroom with aircon on, cats also need a break from the Aussie summer days.

- A cool shelter: Both indoor and outdoor cats would be benefited from a cool retreat provided by the owner during the hot summer days. The shelter could be as simple as a cardboard box placed in a cool and quiet corner with a sufficient water supply.



- Cool treats: ice cube or frozen canned cat food can make good icy treats for cats
- Fresh water: always make sure cats have access to fresh water. Owners can add ice cubes to their water to lower the temperature. A water fountain or a dripping tape are good ways to encourage more water consumption.
- Heat stress: common signs of heat stress include restlessness, drooling, vomiting, increased pulse rate etc. If heat stress is suspected owner should seek help from their veterinarian.

## Grooming

Knotted fur would form mats, especially in long-hair cats, which further traps the heat and lead to overheating of the animals. It also makes a perfect place to trap debris, skin flakes and grease, which pose potential risks to skin condition. As clumps get larger, they even make it painful for cats to lie down.



Cats are self-sustainable animals when it comes to various environmental changes, including temperature. It is normal for cats to shed more in warmer months to keep themselves cool and gain thicker coat in the winter. Extra shedding in summertime is not only painful for owners, but also troublesome for cats:

- **Hairball:** As cats groom themselves by licking their fur regularly, it is normal for them to ingest their own hair during the process. While cats can get rid of the ingested hair through bowel movement or occasionally vomit up. Excessive hair ingested due to excess shedding can lead to hairball issues such as vomiting, constipation/diarrhea, GI upset, or even intestinal blockage. Certain breeds, such as Persians and Maine Coons, are prone to have hairball issues.




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*Tonsilitis: Inflammation of tonsil*

*Tonsil: Fleshy pad at each side of the back of the throat*

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- **Tonsilitis:** in rarer cases, excess shedding and self-grooming can be a one of the underlying cause of cat tonsilitis. Fur fibers can cause irritation to the mouth, upper throat, and tonsils. Cat with tonsilitis can lead to coughing, poor appetite, and difficulty swallowing.

**Regular grooming is essential for keeping the fur friends happy and healthy**

- **Owner should brush their cats at a regular basis to get rid of excess dead hair. It is recommended that long/medium hair cat owners brush their cats on daily basis and once a week for short hair cat.**
- **Owner can also schedule regular hair trim for their cats by professional groomers, especially for long/medium hair cats.**