



DR. ELIZABETH MCGILL,  
MARTINDALE ANIMAL CLINIC

In 1987, I graduated with a Science Degree in Biomedical Toxicology from the University of Guelph. In the fall of 1987, I realized my lifelong dream when I was admitted into the Ontario Veterinary College.

Upon graduation in 1992, I worked at a small animal veterinary practice in Hamilton for two-and-a-half years. I fondly remember those early years as a time when I was finally able to implement a craft for which I had trained so long to do.

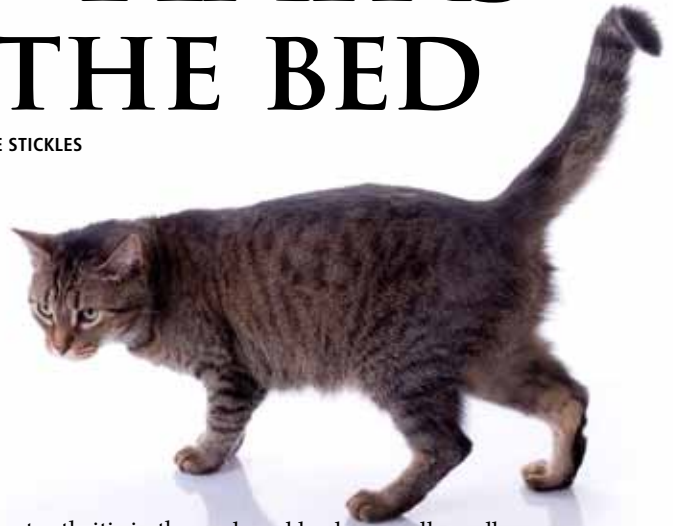
In 1994, I purchased Martindale Animal Clinic, which has now grown into a four-doctor practice.

To book an appointment please contact:  
905.682.5551 or visit  
[www.martindaleanimalclinic.com](http://www.martindaleanimalclinic.com)

# NO HAIRS ON THE BED

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Did you know that more than 95% of cats 12 years of age or older have arthritis?



Cats tend to get arthritis in the neck and back, as well as, elbows, knees and hips. Clinical signs may range from decreased jumping on the bed or furniture, laying down while eating, urination out over the litter pan, muscle loss over back legs and hips, increased matting of the fur (cannot turn to reach and groom themselves) and increased bladder infections (cannot reach to groom under their tails to keep themselves clean). Unfortunately, they also sometimes suffer without any apparent signs noticeable to the owner.

Therefore, managing a problem that can last for eight years is important for 'quality of life'. Solutions include:

- Keeping the food and water in a convenient location so that your cat does not become dehydrated and can meet it's caloric needs, rather than being too sore to move up and gets its food and water;
- Put its food and water up on something like a shoebox to take the strain off a sore neck and back;
- Use a container like a boot tray as a litter box because it has very low sides for the arthritic cat to get in and out of easily.
- Make sure there are no stairs to be negotiated in order to get to the litter pan. If your cat cannot get to the litter pan easily, constipation and bladder diseases often result;
- Try passive physiotherapy and massage;
- Use warm and cushioned bedding;
- There are fantastic and safe medications that manage the inflammation and pain. Consult your veterinarian;

Today, cats commonly reach 20 years of age with preventative care. Managing arthritis keeps them moving and maintaining muscle mass. Easy access to their food and water bowls helps prevent dehydration and weight loss. Keeping going will also help ensure they continue self-grooming to prevent skin problems and matting. Seeing your cat jump up on the bed again is priceless!