

# Annual Health Checkup for Senior Cats

(For Cats Aged 7 and Above)

## I. Basic Health Checkups

Category	Specific Tests	Purpose	Recommended Frequency
Physical Exam	<ul style="list-style-type: none"><li>Body Condition Score (BCS)</li><li>Oral Check (Tartar/Gingivitis)</li><li>Joint Mobility Assessment</li></ul>	Monitor weight changes Prevent dental disease Detect early arthritis	Every 3-6 months
Cardiovascular System	<ul style="list-style-type: none"><li>Blood Pressure Measurement (Normal systolic: 120-140mmHg)</li><li>Cardiac Auscultation (Murmur grading)</li></ul>	Screen for hypertension Diagnose cardiomyopathy	1-2 times a year
Skin & Fur	<ul style="list-style-type: none"><li>Skin Elasticity Test</li><li>Fur Microscopy (Parasites/Fungi)</li></ul>	Assess dehydration Detect skin conditions	Once a year

## II. Laboratory Tests

Test Type	Key Indicators	Potential Health Risks	Sample Requirements
Blood Chemistry Panel (17 items)	<ul style="list-style-type: none"><li>CREA/BUN (Kidney Function)</li><li>ALT/ALP (Liver Function)</li><li>T4 (Thyroid Function)</li></ul>	Chronic Kidney Disease (CKD) Hepatitis/Cholangitis Hyperthyroidism/Hypothyroidism	4-hour fasting 2ml serum

<b>Complete Blood Count (CBC)</b>	• HCT (Anemia) • WBC (Infection/Inflammation)	Tumor-related anemia Immune disorders	1ml EDTA whole blood
<b>Urinalysis</b>	• Urine Specific Gravity (USG) • Protein/Sediment Microscopy	Kidney concentration ability Urinary tract infection (UTI) / Crystals	5ml morning urine (Sterile collection)

### III. Imaging Tests

Imaging Type	Key Areas Examined	Common Diagnoses	Preparation Requirements
<b>Abdominal Ultrasound</b>	• Kidney shape (Cortex thickness) • Liver/Pancreas Echogenicity • Intestinal Lymph Nodes	Kidney Atrophy/Tumors Fatty Liver/Pancreatitis Lymphoma	Shave abdomen 8-hour fasting
<b>Chest X-ray</b>	• Heart Silhouette (VHS Evaluation) • Lung Transparency	Hypertrophic Cardiomyopathy (HCM) Pleural Effusion Lung Fibrosis/Tumors	Taken in lateral and frontal views
<b>Joint X-ray</b>	• Hip Joint Space • Vertebral Bone Spurs	Osteoarthritis Intervertebral Disc Disease	Requires sedation

### IV. Recommended Screening Tests

#### Early Detection for High-Risk Diseases

- **Chronic Kidney Disease (CKD):** SDMA Test (Detects 6-12 months before creatinine rise)
- **Diabetes Mellitus:** Fructosamine Test (Reflects average blood glucose over 2-3 weeks)

- **Cognitive Dysfunction Syndrome (CDS):** DISHA Questionnaire (Evaluates behavioral changes)

### Genetic Testing (Optional)

- **Polycystic Kidney Disease (PKD) Test** (Recommended for Persian and related breeds)
- **Hypertrophic Cardiomyopathy (HCM) Genetic Screening** (For Maine Coon, Ragdoll cats)

## V. Pre- and Post-Checkup Guidelines

### Before the Checkup

1. **Fasting for 6 hours** (Water is allowed)
2. **Bring a recent stool sample** (For parasite screening)
3. **Record abnormal behaviors on video** (Seizures, limping, etc.)

### Interpreting Results

- **Kidney function staging:** Follow IRIS classification
- **Thyroid hormone levels:** Normal T4 range for senior cats (1-4µg/dL)

### Follow-Up Actions

- **Abnormal results:** Retest within 7 days for confirmation
- **Health record management:** Track data annually for comparison

## Appendix: Home Monitoring Chart for Senior Cats

Date	Weight (g)	Water Intake (ml)	Urination Frequency	Appetite Score	Activity Score
				1-5 Scale	1-5 Scale

### Scoring System

- **Appetite:** 5 = Normal eating, 1 = Complete refusal
- **Activity Level:** 5 = Active, jumps freely; 1 = Barely moves

**Note:**

This checklist follows **AAFP (American Association of Feline Practitioners) Senior Cat Care Guidelines**. Recommendations may vary based on individual health conditions.