



Do healthy cats barf up hairballs? **NO!**

Hairballs are a symptom, not a diagnosis. A healthy cat should be able to handle a “normal amount” of swallowed hair, so hairballs form either because more hair is swallowed than should be, or the system isn’t healthy enough to handle normal amounts of hair.

What are the common causes?



1 SKIN PROBLEMS

If a cat’s skin and hair are not healthy, the skin will be dry, and the hairs will be brittle and will easily fall out. Optimized nutrition will help keep the skin and coat healthy, to reduce dry skin and shedding coat.



FATS

Critical for healthy skin development, maintaining skin hydration. **Omega-3**'s help reduce inflammation, and **omega-6**'s help to strengthen the skin and promote a glossy coat.



PROTEIN

30% of the protein consumed in the diet is used in skin and coat maintenance. It's not just how much protein is in the food that matters but also how digestible that protein is, and the amino acids that the protein contains.



VITAMINS AND MINERALS

play an important role in a healthy skin and strong coat. As with all other nutrients, the amount (not too much or too little), the quality, and the digestibility are all important.



PINCH COMPLEX

a specialized combination of vitamins and amino acids that proven to strengthen the skin barrier.

2 REGURGITATION

Food looks almost exactly the same as it did before it was eaten.

- 1) Rule out underlying disease by checking with your vet.
- 2) **Interactive feeders** - Force a cat to eat more slowly.
- 3) **Canned food** - harder to gobble than dry food, and can be spread across a dish to further slow the cat down.
- 4) **Kibble science** - an important feature of many of Royal Canin's formulas, with the shape, size, and density tailored to encourage chewing and improve digestion.



3 DIGESTION

Sluggish digestion can lead to hair build up. Optimized nutrition supports healthy digestion.



FIBRE

Soluble fibre holds water in the gut to lubricate and ease passage. Insoluble fibre grabs hair and undigested material to help remove it from the gut.



HIGH DIGESTIBILITY

Maximized nutrition, minimized waste



PREBIOTICS

Feed good gut bacteria, remove bad gut bacteria



ZEOLITE/SODIUM SILICOALUMINATE

Absorbs excess water and stool odours

4 OBESITY

Fat cats can't reach around to groom themselves properly. Loose hairs build up in the coat, and if the cat does manage to groom, it will end up swallowing larger clumps of hair all at once.

Healthy Weight Loss

- Use a product formulated for weight loss
- Aim for slow steady weight loss (~ ½ lb per month)
- If the cat is obese, weight loss should be monitored closely by a veterinarian

CAUTION

Rapid weight loss in cats can lead to a serious, potentially life-threatening condition called hepatic lipidosis.

Restricting a maintenance food instead of using a weight loss formula can lead to nutritional deficiencies.



5 FLUTD

Feline lower urinary tract disease includes: urinary obstruction (blockage), feline idiopathic cystitis (FIC), bladder stones, crystals
BLADDER PAIN → CAT LICKS BELLY → SWALLOWED CLUMPS → HAIRBALL



Increase water intake to dilute urine

Add canned food
 Offer several water dishes or a water fountain



Optimize Urine Parameters

Choose a diet that is formulated to promote a healthy urinary tract



Environmental Enrichment

Many cats develop anxiety because of a lack of stimulation in their lives, which can manifest as FLUTD. Enriching their environment with scratching posts, ledges to climb on, toys, and hiding places will help to encourage exercise, and reduce anxiety in your cat.

Did you know?

“Low ash” diets used to be recommended to prevent and manage FLUTD, however research has shown that this is not the best method for choosing a food for urinary health. RSS (Relative Supersaturation) testing and monitoring is a detailed evaluation method to determine whether a food is appropriate for urinary health.

6 FELINE ARTHRITIS

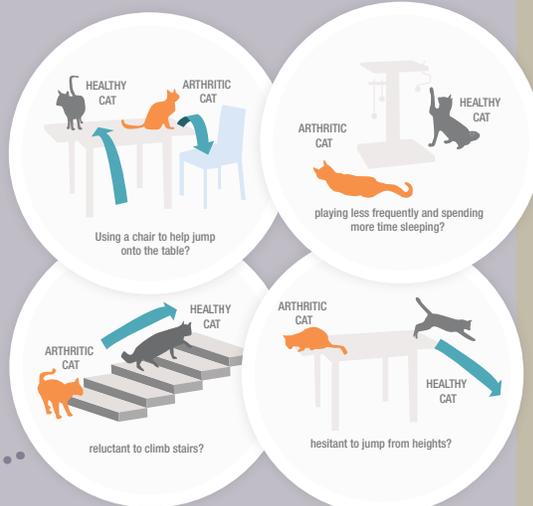
ARTHRITIS PAIN → REDUCED GROOMING → SWALLOWED CLUMPS → HAIRBALL

Cats don't need to suffer with joint pain. There are lots of ways to help:

- EPA/DHA
- Glucosamine/chondroitin
- Green lipped mussel powder

Discuss other pain management options with your veterinarian

Identify if your feline friend is living with arthritis



7 FELINE ASTHMA



One of the signs of feline asthma is coughing, which can be mistaken for hairballs because the cat coughs so hard it throws up, and there is often hair in the stomach contents.

- Discuss management strategy with your veterinarian
- Help to alleviate coughing fits by bringing cat into the bathroom while the shower is running. The warm humid air can help to soothe the respiratory tract.

