



Five-Point Daily Medical Assessment

Early warning signs of illness, home monitoring checklist, and when to seek urgent veterinary care.

Cats Hide Illness: The Need for Daily Monitoring

Because cats are predators and prey in the wild, displaying visible weakness invites attack. Consequently, cats are master concealers of disease. By the time a cat looks obviously sick, the condition is often advanced.

Incorporate this **60-second 5-Point Daily Check** into your routine:

Point 1: Appetite & Hydration

- Is your cat finishing their normal meals with enthusiasm? A cat that skips meals for more than 24 hours is at risk of hepatic lipidosis (fatty liver disease).
- Are they drinking noticeably more or less water? Increased thirst is a classic sign of diabetes, kidney disease, or hyperthyroidism.

Point 2: Litter Box Output & Comfort

- Are urine clumps normal in size (golf ball to baseball size)? Multiple tiny quarter-sized clumps indicate irritation or obstruction.
- Is stool formed and firm? Watch for diarrhea or hard, dry pebbles (constipation).
- Vocalizing or straining while in the box requires immediate veterinary intervention.

Point 3: Energy, Mobility & Posture

- Is your cat interacting normally, or hiding in unusual dark corners (closet floors, behind toilets)?
- Are they reluctant to jump onto their favorite sofa or bed? Hesitation indicates arthritis, soft tissue injury, or spinal pain.
- A hunched posture with head down and eyes squinting indicates abdominal pain.

Point 4 & 5: Coat, Eyes & Respiratory Quality

- **Coat & Grooming:** A greasy, unkempt, or dandruff-covered coat indicates a cat has stopped grooming due to pain or malaise. Excessive grooming until hair is bald indicates stress or allergies.
- **Eyes & Nose:** Clear, bright eyes without third eyelid elevation or discharge. No sneezing, wheezing, or nasal discharge.
- **Respiration:** Resting respiratory rate should be under 30 breaths per minute. Open-mouth panting in a non-exercising cat is a life-threatening emergency!