



Keep it breezy and less wheezy

Feline Asthma is the most common chronic, incurable respiratory disorder in cats. However, with medical management and environmental modifications, it can be well controlled. To decrease the number of attacks, we want to avoid triggers in the household and keep the cat on a medical regiment to prevent flare ups. Here are some common ways to start:

IN THE HOME

- ♥ Keep the home as dust-free as possible; use low-dust, unscented cat litter. Pellets are ideal but not all cats love the texture.
- ♥ Keep windows closed, keep cats indoors and use HEPA air purifiers to remove any of the airborne allergens
- ♥ Avoid smoking, vaping, scented candles, incense, air fresheners and aerosol sprays in the home, including plug-ins.
- ♥ Vacuum frequently and wash bedding & blankets often with hypoallergenic detergents.

FOR YOUR CAT

If your cat is in distress (open-mouth breathing, blue gums) seek immediate care

- ♥ Overweight cats can have more difficulty so weight loss is a must; talk to your vet about reducing carbs and decreasing portions for a successful diet plan.
- ♥ Give all meds as directed; there are typically 2 types of inhalers to use, one is a steroid given as a preventive and the other is a rescue inhaler (given as needed to open the airways). Both will require a spacer called *Aerokat*. You can get more information online on how to acclimate your cat to the process.
- ♥ Sometimes we need to treat with oral medications but using the inhaler is the ideal treatment because it treats right at the source and doesn't cause unwanted side effects elsewhere in the body.
- ♥ You can monitor your cat closely for any signs of distress. Count their breaths per minute; most cats have 20-40 breaths per minute at **rest**. Maintain a calm & consistent environment to avoid stress for your cat. You can also use a journal to identify potential triggers.

