



# CARING FOR SENIOR PETS

## WELLNESS IN THE GOLDEN YEARS

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**STAY ACTIVE**



**BE PROACTIVE**



**KNOW THE SIGNS**

**Stay active** with mental and physical exercise. Physical exercise is critical at any age, as both mobility and cardiovascular fitness are keys to longevity. Brain health is as important as physical fitness, so make sure to provide mental enrichment to aging pets.

**Be proactive** with health and nutrition. Senior pets are recommended to see a veterinarian every 6 months. These regular checkups are key to early detection of common senior illnesses such as cancer, diabetes, and liver disease. These visits also provide insight into what food is best for your pet's aging body.

**Know the signs** that your pet may need additional care: excessive itching or hair loss, changes in appetite, vomiting, incontinence or frequent urination, mouth soreness or tenderness, movement issues or changes in activity levels. If any of these signs present themselves, see your veterinarian.



Speak with your veterinarian about the health of your senior pet.  
Visit [vbspca.com](http://vbspca.com) for additional resources or to find an adoptable senior pet.