






## The Animal Wellness Center

2205 S. Park Rd  
Kokomo, IN 46902  
Telephone (765) 455-4411  
Fax: (765) 455-4413

---

### KEYS TO A HEALTHY CAT

-  **GOOD FOOD!** - This is the single best thing you can do for your cat. A healthy cat is more resistant to disease and parasites such as fleas. Cats are carnivores, and do best on a mostly meat diet. Ideally they should eat very little or no dry food, as it contributes to many health problems. Feed good quality canned food, or a variety of fresh raw meat (hamburger, ground turkey or chicken). Avoid pork. Cats can eat chicken bones well if fed raw and uncooked. A variety of meat and canned foods will provide a good balance for your cat.
-  **EXERCISE** - Indoor cats need lots of exercise. Use toys on a string, laser pointers, or paper wads to encourage your kitty to get off the couch! Cats need to 'stalk and pounce' about 30 times daily to stay healthy mentally.
-  **GROOMING** - Cats usually groom themselves very well, and lack of this usually means something is wrong. A soft brush and regular petting helps you detect any problems early. A few drops of olive oil in the ears occasionally works well to keep them clean and healthy. Cats rarely need bathing.
-  **PREVENTIVE CARE** - Heartworm does affect cats, but is very rare. Fleas are the biggest problem in our area, and a variety of options can be used. Some over the counter flea products are toxic to cats, so call us for advice before choosing. Dawn dish soap bathing helps remove fleas safely.
-  **VACCINES** - Rabies vaccine is required by law in Indiana, but should only be given to healthy animals. Distemper vaccine is not needed for cats over 1 year, and other vaccines are unnecessary.

