

Senior pets can live vibrant lives with their owners. They do have special health needs and certain diseases are more common in older pets : examples include osteoarthritis and kidney disease.

That's why its important to have a regular check up with your veterinarian! Talk to your vet about what to watch for in your senior pet.



At what age is my cat a "senior"?

Cat Years	Human Years
7	45
10	58
15	75
20	98

The oldest recorded age of a cat is 34 years.

At what age is my dog a "senior"?

Dog Years	Human Years Small - Medium	Human Years Large - Very Large
7	44 - 47	50 - 56
10	56 - 60	66 - 78
15	76 - 83	93 - 115
20	96 - 105	120

Small: 0-20 lbs; Medium: 21-50 lbs;
 Large: 51-90 lbs; Very large: >90 lbs
 The oldest recorded age of a dog is 29 years.

Tables provided
 by the AVMA

Senior Dog Nutrition

- Diet and nutrition needs change as a pet ages
- As dogs reach the age of seven and above their overall caloric needs will decrease by about 25%
- Senior dogs require more protein to maintain their muscle mass
- Diet can be used to treat common senior conditions such as osteoarthritis and cognitive dysfunction
- Ask your veterinarian about what diet is right for your senior dog



Senior Cat Nutrition

- Cats are similar to dogs in that their caloric needs will begin to decrease with middle age (7-11); however as they reach age 11 their need for calories begins to increase again
- As cats age they also lose the ability to properly digest fats and proteins though the requirement for protein increases
- You and your veterinarian should select a diet for your cat that takes into account the special needs of your cat as it ages looking at protein and caloric levels and how easy the protein source is to digest
- Osteoarthritis is a common problem in cats that can also be addressed in part with diet

Dr. Ingrid Sproll is a veterinarian at Winrose Animal Hospital in Winnipeg and we thank her for this information.