



Summer 2003

# T.H.E. MEWS

**The Newsletter for Ailurophiles (Cat Lovers!)**

T.H.E. Cat Hospital of Irvine

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## T.H.E. Cat Hospital is Moving

We've found a new home and we're excited about it! Our new location will be in the Jamboree Plaza at the intersection of Edinger and Jamboree. The new address is **3069 Edinger Avenue** in Tustin.

This move puts us just a few minutes from where we are now, but we're still covering a lot of ground:

- Our new facility will be designed to meet the changing needs of our patients and to help us capitalize on the latest veterinary equipment, like our digital x-ray system. This will help us do more than ever before to help your cats live healthier, happier, and longer lives.
- The move also puts T.H.E. Cat Hospital in the middle of Southern California's most dynamic veterinary hotspot. Jamboree Plaza is home to an impressive collection of specialty veterinary clinics. Like Dr. Elston, many of the veterinarians at these clinics are influential leaders in their fields who have served on the national board for their specialties. Our proximity to these clinics will improve the delivery of specialized care if your cat would benefit from a referral.



**This will be the new, state-of-the-art home for T.H.E. Cat Hospital**, and we couldn't be happier. Notice all the reserved parking spots right in front? That's one of the small ways our move will enable us to give you better service.

### These are a few of the specialty clinics already at Jamboree Plaza:

- Advanced Veterinary Medical Imaging
- Advanced Veterinary Specialty Group:
  - Advanced Critical Care and Internal Medicine
  - Veterinary Cancer Referral Group
  - Veterinary Surgical Specialists
  - Animal Dermatology Clinic
  - Animal Dental Services
- Eye Clinic for Animals
- Veterinary Neurology Center

One thing that won't be changing about T.H.E. Cat Hospital is easy access to the clinic from the I-5 freeway. It was one of our top priorities to make this change as trouble-free as possible for our clients, patients, and staff, so we're thrilled with the closeness and convenience of the new location. We're also looking forward to new amenities like easy parking right in front of the clinic—no more long walks through a crowded parking lot to make things more stressful for you or your cats!

We're tentatively planning to move in October. We look forward to seeing you in our new location! Let us know if you have any questions or concerns.



T.H.E. Cat Hospital is online! Be sure to check out our new Web site and let us know what you think:

[www.thecathospitalonline.com](http://www.thecathospitalonline.com)

## Dr. Elston Helps Paint the Picture of a Purr-fect Feline Diet

Imagine a cat in the wild and you'll probably envision a powerful predator: all muscle and quickness.

Now look at your cat. Does it have the same lean, muscular physique as its cousins? Most likely it doesn't—Dr. Elston estimates that approximately 80% of the cats he treats are overweight or obese.

In felines just as in humans, being overweight is associated with significant health risks. Kathy Haas, a long-time client at T.H.E. Cat Hospital, knew about these risks and was becoming concerned about Matisse, her five-year-old domestic shorthair. Although she fed Matisse top-quality food in the right proportions, he was too heavy for his frame and often seemed lethargic. In addition, Matisse and Kathy's other cat,

six-year-old Monet, were constantly asking her for more food and snacks.

Although Monet didn't carry as much extra weight as Matisse, Kathy was worried about both cats' health. When she brought them to T.H.E. Cat Hospital for their annual health check in November 2002, she asked Dr. Elston for help.



### Potential health complications for overweight cats include:

- Reduced lifespan
- Diabetes mellitus
- Fatty liver disease
- Anesthetic and surgical risks
- Arthritis/ruptured ligaments
- Heart disease and breathing problems



In most dry foods, he determined that 25% to 50% of the calories are derived from carbohydrates. That figure jumps to 60% to 70% in low-fat, low-calorie "diet" dry foods. Most canned foods deliver slightly higher percentages of protein and fat, but as much as 50% of the calories still derive from carbohydrates.

The foods that most closely match the high-protein

Dietary requirements for felines are Science Diet® Kitten Feline Growth® (canned) and Purina Veterinary Diets™ DM Diabetes Management® (canned and dry). In these foods, carbohydrates constitute only 6%-15% of the total caloric availability.

After studying this information, Dr. Elston concluded that low-fat, low-calorie "diet" foods might actually

make it more difficult for cats to achieve an ideal weight. Counter intuitively, a food marketed for growth could be the most efficient way to help cats shed extra pounds.

### Applying a new technique

With these findings in mind, Dr. Elston suggested that Kathy switch Matisse and Monet to the Science Diet Kitten Growth formula. The results have been dramatic: within six months, Matisse lost nearly two-and-a-half pounds!

But the outcome has been about a lot more than just a slimmer pet. "Matisse has been more active and his coat is healthier," says Kathy. "Both Matisse and Monet also seem to be hungry less often, which has been nice for me!"

"I think that by trying to duplicate a cat's natural diet, Doc will have significant results in improving our cats' health," she adds.

"Helping our clients give their cats the proper food is part of our mission to help cats live healthier, happier, and longer lives," says Dr. Elston. "We have much more to learn about providing the best nutrition for our patients, but this is a step in the right direction."

Call (949) 733-2287 to schedule an appointment and learn what food is best for your cats.

### The theory behind the art

Nearly a year before Kathy, Matisse, and Monet visited T.H.E. Cat Hospital, Dr. Elston had been inspired by recent controversies in human nutrition to explore the potential impact that dietary ratios of protein, carbohydrate, and fat might have on feline health.

He began by researching feline dietary requirements and found that cats have virtually no need to consume carbohydrates. Genetically honed to be fantastic hunters, cats can fulfill nearly all of their dietary requirements by eating sources of protein and fat such as mice. (Yuck! It might sound awful, but mice are a natural part of a cat's diet.)

Dr. Elston then analyzed a number of readily available, high-quality cat foods and came up with some interesting results.



## Product Spotlight: Advantage® Flea Control

Fleas rate highly on the annoyance scale, along with junk mail and people who talk loudly during movies. But fleas aren't simply annoying. They can spread diseases and cause skin problems—making them a health threat for your cats.

Living entirely indoors protects cats from fleas, but not absolutely. Fleas still manage to find their way into many undeserving homes.

Whether you're looking to get control of an outbreak or to take preventative measures, we recommend Advantage. Our most popular flea treatment product, Advantage is a topical

solution that's easy to apply and gentle enough for eight-week-old kittens.

Advantage is available only through licensed practicing veterinarians, and for a limited time we're able to give you a manufacturer's coupon for a free tube of Advantage when you buy a package of six.



(Be sure to take *advantage* of this offer while you can!)