

Upper Bathurst Animal Clinic

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## $\mathfrak{B}_{\mathfrak{B}}$ Senior Pet Nutrition: Why It Matters $\mathfrak{B}_{\mathfrak{B}}$

Supporting Healthy Aging in Dogs and Cats

As pets age, their bodies and nutritional needs change—just like ours. Seniorspecific diets are specially formulated to support your pet's aging body, helping them stay active, comfortable, and happy in their golden years.

#### 3 Why Do Senior Pets Need a Specialized Diet?

Aging pets experience:

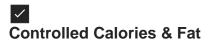
- Slower metabolism requiring fewer calories to prevent weight gain.
- Muscle loss (sarcopenia) needing high-quality, easily digestible protein to preserve lean body mass.
- Joint stiffness and mobility issues benefiting from ingredients that support joint health.
- Weakened immune systems needing antioxidants and nutrients to maintain strong defenses.
- Cognitive changes supported by nutrients that promote brain health and alertness.

#### **What's Inside a Quality Senior Diet?**

Here are key ingredients often included in well-formulated senior diets for both cats and dogs:

# High-Quality Protein

- Helps maintain lean muscle mass and body condition
- Easy to digest to reduce strain on aging organs



- Prevents obesity while maintaining energy levels
- Adjusted to match the lower activity levels of senior pets

# Glucosamine & Omega-3 Fatty Acids (e.g., EPA, DHA)

- Support joint health and mobility
- Reduce inflammation in aging joints

## $\checkmark$

#### **Prebiotic Fibre & Probiotics**

- Promote healthy digestion and regular bowel movements
- Support gut health and nutrient absorption

# $\checkmark$

#### **Antioxidants (Vitamin E, Selenium, etc.)**

- Strengthen the immune system
- Protect cells from age-related damage

# $\checkmark$

#### **DHA & Nutrients for Brain Health**

- Help maintain cognitive function and alertness
- Promote a more engaged and responsive pet

#### $\checkmark$

#### **Essential Vitamins & Minerals**

- Support heart, kidney, and eye health
- Balanced to reduce strain on aging organs

## 🚯 🐯 How Can I Tell If My Pet Is a Senior?

Most pets are considered seniors by:

- 7 years old for dogs (larger breeds may be considered senior as early as 5-6)
- 7 years old for cats

But aging is individual—some pets need senior care earlier or later depending on their breed, size, and health history.

### What You Can Do:

- Talk to your veterinary team about when to transition to a senior diet
- Keep up with regular wellness exams (every 6–12 months)
- Monitor changes in weight, energy, mobility, and appetite

### $\bigcirc$ A Lifetime of Health Starts with the Right Nutrition

Feeding a senior-specific formula tailored to your pet's needs can help them feel their best for years to come—because every stage of life deserves care, comfort, and good nutrition.