

# The Keep Well Programme

Regular examinations and testing with our "Keep Well" Programme will help to keep your pets healthy and happy throughout a long life

In a recent clinical study of apparently healthy pets, more than 1 in 10 were found to be developing the early stages of a disease condition, including liver, kidney, gastrointestinal and heart disease.

*Their owners were unaware of any problems.*

## Clinical Examination

Clinical examination alone may suggest the presence of:



*Liver disease  
Kidney disease  
Metabolic disease  
Hormonal disease  
Growths and cancers  
Heart/lung disease  
Hypertension  
Immune disease*

As well as visible abnormalities of the skin eyes mouth etc

**Clinical examination needs to be backed up with urine and blood tests.**

## Diagnostic Tests

### Urine

Quick and inexpensive but an invaluable screen for a number of metabolic and organ diseases.



### Blood

The blood screens we run are very good indicators of a large range of diseases. Some characteristic patterns may suggest further specific tests

## When should I Test?

Regular testing is important to pick up changes. We would recommend an annual **Keep Well** visit, particularly for the older pet.

### **How to collect a urine sample:**

**Outdoor cats:** Shut indoors for at least 8 hours before your appointment. We can take urine from a full bladder.

**Indoor cats:** Remove all but one teaspoonful of litter from a clean tray 12 hrs before your appointment. Decant urine into a small container or we can take urine from a full bladder

**Dogs:** Take out on the lead first thing in the morning. Catch urine in a clean saucer and decant into a small container.

*Suitable containers can be collected from the clinic*

## What are the Benefits?

A "normal" blood and urine screen provides great comfort regarding a pet's health.

Some abnormal results may promote valuable "lifestyle" and dietary changes. Others may require further tests or treatments.

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## **The Blood Screen**

### **Haematology-blood cell counts**

Red Cells

Depleted with anaemias

White Cells

Elevated with infections and some leukaemias

### **Electrolytes-Sodium, Potassium, Chloride**

Affected by kidney failure, vomiting

### **Biochemistry**

Liver Enzymes: ALT, ALKP & Bilirubin

Elevations may indicate liver damage

Kidney Tests: Urea & Creatinine

Elevations may indicate poor kidney function

Pancreatic Enzyme: Amylase

Elevation may indicate pancreatitis

Calcium: may indicate some tumours

Albumin: depletion may indicate debilitation

Globulin: elevation may indicate infection

Cholesterol

