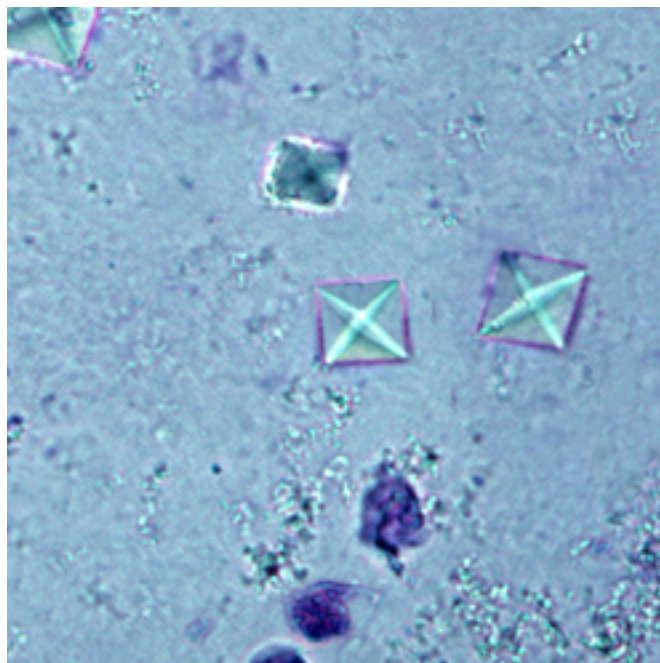


**Lower Urinary Tract Health**

# FELINE LOWER URINARY TRACT HEALTH: THE ROLE OF DIET

Maintenance of urinary tract health is important in cats. Studies report that between 3-5% of cats presented to veterinary clinics have feline lower urinary tract diseases (FLUTDs).



FLUTDs are a group of diseases, including idiopathic cystitis, urolithiasis (urinary crystals and stones), and others, which affect the bladder and urethra. FLUTDs have many contributing factors, including stress, low water consumption, excess body weight, low levels of exercise, and confinement, and are prone to recur. Nutrition can be part of a multimodal strategy to maintain urinary tract health in cats.

**Key Messages**

- Healthy cats may benefit from eating a food formulated to help maintain urinary tract health by supporting a balanced urinary pH.
- Access to fresh, clean water should be ensured by cleaning water bowls and refreshing the water regularly. In multi-pet households, placement of water bowls should be avoided where cats may feel at risk of being attacked by another pet, e.g., in corners of rooms.
- Most healthy cats will consume sufficient quantities of water to maintain optimal hydration when eating solely dry foods and drinking water free-choice. However, if a cat is prone to lower urinary tract issues, it may be helpful to increase water intake by:
  - Feeding wet diets or adding water to dry food.
  - Providing different water sources (still water, moving water, e.g., a fountain) and using different containers (avoiding plastic) in case the pet has an individual preference.
  - Providing a specially-formulated, nutrient-enriched, flavored water supplement.

*(continued on next page)*

## Key Messages (continued)

- Resources that reduce stress and associated risk factors for FLUTDs should be provided, such as:
  - Activity with toys and play sessions, including providing food in puzzle feeders, which can also help maintain ideal body condition and, possibly, decrease other risk factors.
  - An adequate number of resources (e.g., food and water bowls, clean litter boxes, toys, space) in multi-pet households and easily accessible resources (e.g., a senior cat can comfortably climb into and out of the litter box).

## Additional Resources

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