



心血管疾病

猫扩张型心肌病 (DCM)



虽然由牛磺酸缺乏引起的扩张型心肌病 (DCM) 曾经是猫科心脏病的常见诊断结果, 但现在大多数市售猫粮都额外添加了牛磺酸, 可帮助预防 DCM。然而, 喂养非市售饮食的猫仍然存在牛磺酸缺乏的风险, 并且某些 DCM 病例为特发性病例 - 猫心肌无力的确切原因尚不明确。¹ 营养有助于支持猫的心脏健康。

重要信息

- 对于猫来说, 牛磺酸是一种必需氨基酸, 可以从肉类、贝类或补充剂中获得。²
 - 牛磺酸在维持心肌收缩力和稳定心脏细胞方面发挥关键作用, 但在其他器官系统中也具有重要作用。
 - 数十年前, 研究人员发现牛磺酸缺乏与猫 DCM 的发展有关, 于是市售猫粮中额外添加了牛磺酸。^{3,4}
 - 目前, DCM 占确诊的猫心肌病的 10% 左右。¹
- 详细的饮食史记录对心脏病患猫十分重要。
 - 不含肉的自制饮食或用牛磺酸含量较低肉类 (如鸡胸肉) 制成的饮食可能会导致猫出现与牛磺酸缺乏相关的 DCM。¹
- 支持心脏健康的其他营养素包括:
 - Omega-3 脂肪酸 (例如 DHA 和 EPA) 可能有助于减少炎症介质和氧化应激, 并减少心脏重塑。^{5,6}
 - 维生素 C 和 E 等抗氧化剂有助于预防活性氧造成的损伤。⁷
 - 镁在支持健康心脏功能方面具有多种作用, 包括抗心律失常和抗氧化作用。⁸

您知道吗?

心脏杂音并不是猫心肌病的可靠指标。^{9,10}

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