

Moggy Mail

from Moggy Minders

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Moggy Minders

We care, when you're not there!

Issue 8

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Cats Are Good For You—It's Official!

We all love our cats for the companionship they provide—plus a sympathetic ear, great listening skills and boundless affection make our furry little creatures a pleasure to have around.

Recent studies have shown however that the health benefits of cat ownership can go further—having positive interaction with a cat helps to lower blood pressure, pulse and breathing frequency—which can be similar to the effects on the body of deep meditation! A recent study conducted in Texas found that in residential homes,

levels of medication for residents were lower in those homes that encouraged and allowed pets—in particular cats.

Older adults can begin to lose social contact, lack companionship and begin to feel isolated—cats in particular are good pets as they are not as high maintenance as dogs. Cat ownership can significantly boost the health and happiness of an older person, by giving them a sense of purpose and feeling of being needed and wanted.

It's not just adults that

can benefit—children who have participated in the raising of a pet have shown higher levels of self esteem, better social skills and a greater sense of responsibility towards others. And for those expectant mummies out there (young children and infants brought up with cats have shown increased resistance towards asthma and allergens.

So next time you are cuddling up with your cat, or perhaps grumbling about that little “gift” they have left you, remember that they might be doing a lot more for you than you think!

Snow Business!

Cat discovers snow for the very first time.

It will make you laugh if your kitties are outside ones, comparing how your kitties react to the snow with Simon's Cat.

To watch, visit:

<http://www.simonscat.co.uk/snowbusiness.html>

If you are the owner of an I-phone, you can also treat yourself to some Simon's Cat goodies via the app store—full details on the Simon's Cat website.

Moggy Minders

If you've enjoyed this issue of Moggy Mail, please let us know!

We also welcome comments or suggestions for articles for future issues.

If you would like to get in touch, please email us: info@moggyminders.co.uk

Shame this issue of Moggy Mail wasn't due out at the beginning of the month, as this would have been much more topical!

However, the fantastically funny Simon's Cat is back with his latest comic offering—“Snow Business” part 1, in which Simon's

Yes F-I-e-a-s. Most kitties get them at some point in their lives—even those who live indoors. Most cat fleas are the common black, wingless critters, but cats can also catch dog fleas and human fleas (yes, I am itching by this point too!)

Sometimes it's obvious that kitty has fleas, as they will be scratching and biting at themselves. Other times, they may just be acting a little strangely. You can sometimes see the fleas, if

“Make sure you treat your house too, as fleas have a 30 day lifecycle...”

The unmentionables...

you look in your cats fur (especially around the tail and the back of the neck). However, if you can't see any, or there is no clear evidence of flea droppings, invest in a fine tooth flea comb and give your cat a comb. Get a piece of white paper and tip the hairs onto it—if you see black traces it's quite likely kitty has fleas. If you put a small amount of water on the cat fur and any specks turn red, its confirmation that you definitely have visitors!

Fleas don't just cause discomfort for kitty—they can lead to more serious problems such as anemia or tapeworm (caught by eating fleas infected with the parasite). Your cat may have flea hypersensitivity which can cause skin sores or even fur loss.

Treatment of fleas is easy, but don't waste your money

on flea collars as they don't do a great deal for flea prevention, and you may just end up with a cat with a sore neck!

We would always recommend consulting your vet when you suspect fleas—you can buy a range of products now from supermarkets and chemists, but your vet is the specialist and will be able to offer the best advice. Products such as “Frontline” or “Advantage” are fast working, topical treatments that you apply behind the head to stop kitty licking them off.

Make sure you treat your house too as fleas have a 30 day lifecycle—wash kitty's bedding and make sure you spray your carpets with a household pet flea spray otherwise the little critters will be back...



Stop Itching!

Holidays, holidays, holidays...

I know it's early to be thinking about holidays (well no, actually, with the snow and dark nights, it's probably high on most people's wish list!)

If you are booking your holidays in advance and need your kitties looking after, the more notice you can give us the better as

we'd hate to let you down.

We are getting busier all the time, and if you all let me know at the last minute you are away in August, somebody is bound to be disappointed!

Even if you just have provisional dates at this stage, please do let us know

and we are happy to pencil you in, to make sure you, as our lovely regular customers, are looked after as you should be! We can confirm details with you nearer the time, but at least it's peace of mind for you that kitty will have a happy holiday too...

