

## golden oldies

Humans aren't the only ones who have to deal with arthritis or a slowing metabolism as they age. Older cats and dogs—considered senior once they're about 7 years old—can also develop health problems. Here's what your mature pet needs to feel his best as the years roll on.

**A thorough physical exam every six months** Make sure your vet checks for joint pain, lumps and cataracts. Also, tell him about any changes in eating or bathroom habits, activity levels and behavior.

**Blood tests and urinalysis at least once a year** These screen for chronic conditions, like kidney and liver disease, that might not have obvious symptoms. Pets with ongoing medical problems should be tested at least every six months.

**Annual dental checkup and cleaning** If left untreated, oral infections can spread to your pet's



bloodstream. The bacteria can harm internal organs, increasing the risk of heart, liver and kidney disease.

**Senior pet food** Older pets tend to pack on extra pounds. Look for a brand with fewer calories but plenty of protein to keep muscles strong. *Arricca Elin SanSone*

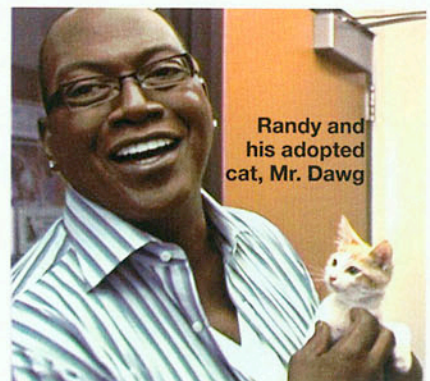
Source: William Fortney, D.V.M., assistant professor, Kansas State University College of Veterinary Medicine



### SOMETHING TO CHEW ON

Fed up with gnawed-on shoes but don't want a mess of half-eaten bones all over the house? We had our pal Lilly test three heavy-duty chew toys to see which ones could stand up to a strong bite.

THE TOY	THE CLAIM	THE VERDICT
 <p>ULTIMATE RUMBLE RING, BY TUFFIE'S</p>	"World's 'tuff'est soft dog toy."	After three weeks, Lilly popped a hole in the fabric and ripped out the stuffing. But she still loves the remnants and won't give them up.
 <p>EXTREME KONG, BY KONG</p>	"World's strongest rubber dog toy."	Lilly hasn't made a dent in this one and loves licking peanut butter out of it. But she loses interest when it's snack-less.
 <p>ZISC, BY WEST PAW DESIGN</p>	"Incredibly soft yet durable."	Lilly's favorite, and she's only put a few tiny teeth marks in it. Other pups at the dog park loved it so much that their owners asked where they could buy their own.



Randy and his adopted cat, Mr. Dawg

### rescue me

American Idol's Randy "The Dawg" Jackson recently teamed up with Morris the Cat and 9Lives to launch Morris' Million Cat Rescue. We got to chat with him about the feline-loving cause.

**What made you want to help?**

I love animals, especially cats. Right now, three out of four cats in shelters don't leave there alive. This rescue is helping to save lives.

**What can we do to get involved?**

Check out [9lives.com](http://9lives.com) to see when our mobile adoption bus will be near you, and give a shelter cat a home. I just got a kitten—we named him Mr. Dawg!