

TAKING A HOLISTIC APPROACH TO TREATING FLUTD



Increasingly, a holistic approach to Feline Lower Urinary Tract Disease (FLUTD) is being taken for long term management of the condition. FLUTD is used to describe different conditions affecting the lower urinary tract, of which Feline Idiopathic Cystitis (FIC) is the most common accounting for around 60% of cases¹. Risk factors for FLUTD are multiple and varied, including low water intake, environmental stress (for FIC) and obesity. Therefore addressing the behavioural, nutritional and environmental factors that contribute to the disease is vital for successful management¹.

Water intake is an important hallmark of treatment, cats with more dilute urine are at lower risk of FIC as well as urinary crystals and stones². Provision of running water (dripping taps or fountains), wide bowls made of glass or ceramic rather than plastic, as well as multiple bowls can all help to increase drinking.

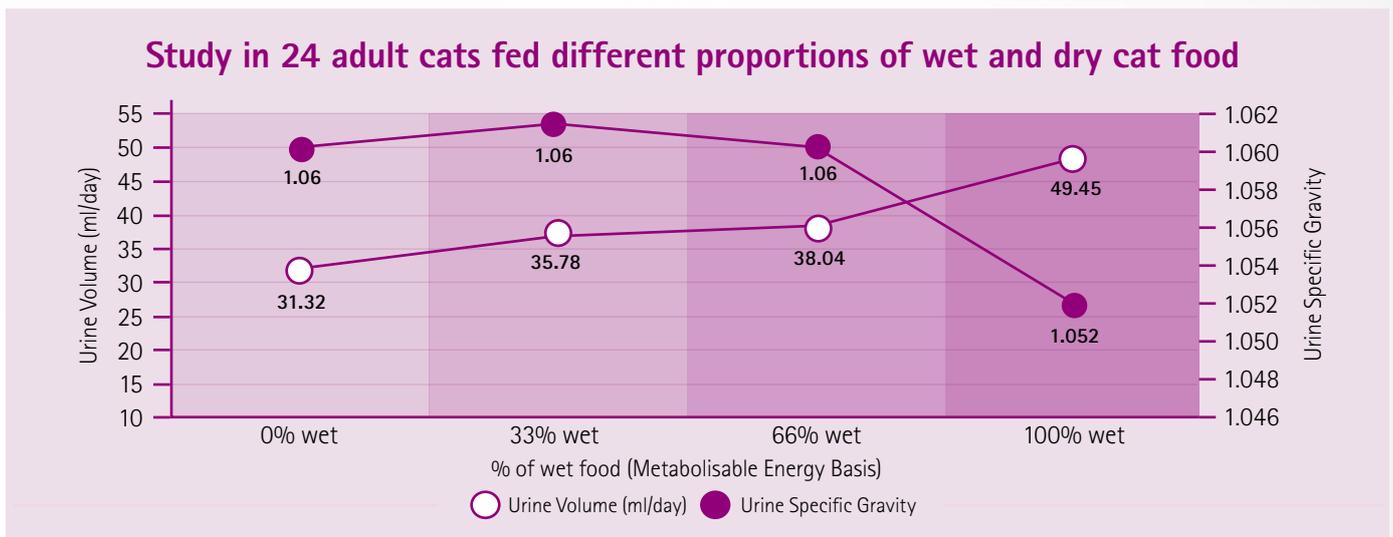
Managing a FLUTD patient's diet is often the first step in long term management. Nutrition is well recognised for its role in crystal and stone prevention and dissolution, but is also important for the management of FIC. A diet formulated with a slightly higher (whilst still safe) sodium content encourages water consumption and inclusion of wet food in the diet also helps to increase moisture intake^{3,4}. Wet diets are also lower in calories, helping to manage obesity which is a risk factor for FLUTD.

As environmental stressors can be a trigger for FIC, one of the biggest challenges can be working with owners on environmental management and enrichment, especially in a multi cat household. Creating an environment in which cats feel safe and in control – by making sure there are enough resources (litter trays, beds etc.) for all cats and providing high vantage points, clean litter trays and sufficient stimulation – helps in the long term management of FLUTD⁵.

Finding ways of educating and engaging owners in adapting their homes and changing their cat's nutrition is vital for success. Taking time to understand the owner's lifestyle and household with a detailed history is a good first step and can be used to build a personalised care plan to empower them to make changes and give them a clear way of measuring progress⁶.

Wet diets provide extra moisture which leads to better hydration and less concentrated urine⁷

The graph below demonstrates how increasing the percentage of wet food in the diet increases urine volume and decreases USG, both of which reduce the risk of FLUTD.



PURINA® PRO PLAN® VETERINARY DIETS

Contact your Purina representative about how they can support you with holistic care for your FLUTD patients. Purina® Pro Plan® Veterinary Diets UR St/Ox Urinary range comes in wet and dry and has a precise sodium content to increase water consumption.



Low RSS/APR

With St/Ox urinary security – to reduce the risk of urinary Struvite and Oxalate crystals and stone formation



Struvite dissolution/

St dissolution
Promote dissolution of urinary struvite stones



Moderate kcal

Moderate level of calories to help maintain ideal body weight (obesity being a risk factor for FLUTD)



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