



Meowing: Be Concerned

Adult cats don't meow to each other. They save meowing for humans and it is one way they communicate with us. They realize at a young age, that humans respond to meows and will often give them what they want. They use meowing to train you to become their servant!



In some situations, however, the underlying reason for meowing is a health problem. It's important to find out the cause so you can treat any serious condition.

Pain or Stress

Pain can cause your cat to meow more often. If your cat suddenly starts meowing more, check him over to see if you can find a source of pain or discomfort. Otherwise, an exam by your veterinarian is a good idea.

Some cats will meow more when they become anxious or stressed. If your cat's checkup is good, then consider anxiety. Think about what has changed in your cat's life recently. Even small changes can be enough to stress out certain cats. Take steps to improve that situation or try some supplements or medication.

Elderly Cats

Elderly cats often start meowing more. This will occur for a variety of reasons. Medical problems such as kidney disease, an overactive thyroid, or high blood pressure can all cause an increase in meowing. These are all conditions common in older cats and early diagnosis is important.

Your older cat may start losing hearing or vision. Either of these conditions could increase meowing as he learns to navigate around the house. Other cats may

develop Cognitive Dysfunction Syndrome. This is similar to dementia in people. The cats may become confused, disoriented, or anxious.

Some cats also seem to mix up their days and nights. They become much more active at night and increased meowing often goes with it. People can often deal with increased noise during the day, but when it occurs while you are trying to sleep then it becomes a more urgent problem.

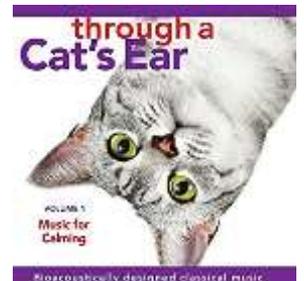
It is important to have your veterinarian examine your cat and run some blood tests to rule out anything serious. If a medical problem is discovered, treat that and see if the increased meowing resolves.



Increasing your cat's comfort, especially at night, may also help. Provide warm places to sleep (a heated pad made for pets often works well), plenty of food and water and a nightlight. Provide steps to make it easier to get up onto favorite places. Use a

litter box with a shallow entrance to avoid the need to jump.

Sometimes playing calming music will help.



Summary

Meowing means your cat is trying to tell you something. Although it can drive us crazy at times, try to discover the reasons behind it, especially if it's a change from what has been normal. This gives you the best chance to help your cat.