Feline Urinary Tract Disease: Symptoms and Prevention

Symptoms and Causes of Urinary Tract Inflammation, Infection and Disease

One of the most common causes of veterinary visits for felines is Urinary Tract Infections and the development of Feline Lower Urinary Tract Disease (FLUTD). These issues are almost always related to diet, and as such, much can be done to prevent them.

FLUTD describes a group of conditions that affect the bladder or urethra. These conditions include cystitis (the inflammation of the lining and walls of the bladder), bacterial infection, urethral blockage (resulting from crystalized minerals), and uremia (which results from toxic wastes building up in the bloodstream due to urethral blockage).

Symptoms of both of these conditions include:

- Urinating outside the litter box, commonly on smooth, cool surfaces such as tile floors and tubs
- Frequent trips to urinate
- Vocalization while urinating
- Excessive licking of the genital area
- Blood in the urine
- Increased thirst drive

A low quality processed, dry food diet is one of the main culprits behind these issues. The high starch and low moisture content can cause high alkaline urine. Also, the excess fiber in many dry cat foods can unnaturally increase water excretion into the colon further contributing to increased urine concentration.

Best Practices for Urinary and Overall Feline Health

Proper hydration is the key to a cat’s healthy bladder and urinary tract function. In order to consume an adequate amount of water, cats must eat a moisture rich diet as well as have ready access to sources of fresh water.

Feeding a species appropriate, complete and balanced raw food diet is one of the best ways to ensure your cats overall health and protect urinary and bladder health specifically. Our raw food diets for cats contain about 70% moisture. This is equal to what our cats would have naturally consumed in a wild prey diet. At All is Well, we offer Stella & Chewy’s, Steve’s Real Food, and Primal raw food diets for cats.

An all canned food diet is the next best option for our feline companions. These foods offer the moisture (70-80%) and nutrition cats need in order for their bladders to function properly and their urinary tracts to remain flushed.

To support your pet’s general urinary health, try adding Solid Gold’s Berry Balance powder or Nature’s Farmacy’s Cran-Tri-C powder to your pet’s food. Animal Essential’s Tinkle Tonic herbal tincture is another great supplement for support which can reduce inflammation and offer pain relief for animals experiencing urinary distress.

https://catinfo.org/feline-urinary-tract-diseases/

*This sheet is for basic technical information only. We encourage you to continue your own research on these subjects.*