



THE CAT LONGEVITY PROTOCOL

Hello there!! As the ONLY veterinarian specializing in how to help your cat live longer, I have put together a 6 Step Cat Longevity Protocol to get you off to a great start.

I would be HONORED to work with you on a Consult basis, using my 40 years of veterinary experience to adapt this to your kitty's specific health and lifestyle, but this Protocol will give you a great summary of how to help your cat live their longest and best life. And away we go.

THE 6 STEPS TO A LONGER LIFE FOR YOUR CAT

- 1) DIET AND WEIGHT**
- 2) VACCINES — WHEN TO, WHEN NOT TO.**
- 3) DIAGNOSTIC TESTS — WHEN AND WHY**
- 4) DENTAL CARE IS MORE IMPORTANT THAN YOU KNOW**
- 5) PROVEN SUPPLEMENTS**
- 6) PRESCRIPTION LONGEVITY DRUGS**

As you read through this, please feel free to email me at DrKevin@TheLongevityVet.com with any questions. We're all in this together, and I am happy to help you.

STEP 1: YOUR CAT'S WEIGHT AND DIET

Here's what we KNOW about your cat's weight:

Every extra ounce of weight will...

- increase cancer risk
- increase arthritic pain
- increase the risk of kidney disease
- increase the risk of diabetes

Why? We know that EVERY cell of fat produces inflammation. Inflammation not only ages your cat prematurely, but directly causes cancer and kidney disease.

YOUR CAT'S CURRENT WEIGHT: _____ THEIR OPTIMAL WEIGHT: _____

SO WHAT IS THE BEST DIET FOR YOUR CAT?

Here's the good news. There is no ONE best food for EVERY cat.

Signs that your cat's current diet is NOT the right one for them:

- skin itch or sores, especially around the head and neck
- ear inflammation
- vomiting or diarrhea
- bladder problems: alkaline urine, urinary crystals (learn more below)

If your cat does have one of these symptoms, it is likely a sensitivity to either the meat protein or the preservative in their current diet. Try a diet with completely different ingredients.

Unless your cat is dealing with one of the above, any national brand of cat food that your cat likes is perfectly OK... for now.

It is intriguing to me that there are several studies in dogs which show a longevity benefit of over two years for home cooked food, as opposed to littermates fed kibbles. I believe that the same is true for our cats, but there are no studies to support this... yet. Stay tuned.

One thing you cannot do: make your cat into a vegetarian. If your cat doesn't eat meat, they will die. I have seen this up close and personal, and it is heartbreaking.

STEP 2: YOUR CAT'S VACCINES

The three core vaccines available for cats are...

- rabies
- leukemia
- upper respiratory/distemper complex — abbreviated as FVRCP.

If your kitty spends time outside, they are at risk for these diseases and should be vaccinated accordingly.

Virtually every state mandates that you vaccinate your cat against rabies, since rabies is a fatal disease that can be passed from pets to us humans.

MAKE SURE that your vet only uses ANNUAL vaccines, rather than vaccines which last for multiple years. Why? Because the use of an adjuvant to make the vaccines effective for longer also increases the risk of cancer for our cats.

The REAL question becomes the use of vaccines for indoor cats, and here's why.

- A) They are not at risk of getting these diseases.
- B) Vaccines are designed to create inflammation. We know that inflammation increases cancer risks and accelerates aging. Not good.
- C) In a small percentage of cats, damaging the skin with a needle is proven to create skin cancer. This type of cancer, called a sarcoma, is often fatal. I know, because I have killed at least 3 cats just like this in my veterinary career. This fact is why your vet typically vaccinates cats low down on their leg — so that we can amputate the leg if they develop cancer. Let's think about that: an unneeded vaccine could result in amputation or fatal cancer. Hmmm.

My clear recommendation is to AVOID the use of vaccines in indoor cats. You will have your cat around longer if you agree.

STEP 3: YOUR CAT'S DENTAL CARE

If you're not taking the right care of your cat's mouth, you are shortening their life by a year or more. It's just that simple.

Why? Because the pain and infection of periodontal disease has been PROVEN to shorten our lives by up to 15%, and that's a year or more for our cats.

Here are a couple examples of what to look for in your cat's mouth:



A red gumline



Tartar crusted on teeth

If you see these changes, your cat needs an ANESTHETIC dental cleaning with radiographs of EVERY tooth. This will enable proper treatment and, if needed, extractions to solve your kitty's pain. If your vet can't take dental radiographs of every tooth, find a different vet. The technical phrase for that is malpractice.

One thing you should understand: Non-anesthetic dentals CANNOT solve your cat's periodontal disease, and the stress they cause could actually kill your cat. I've seen it happen.

Cats just don't get periodontal disease. They get two of the MOST PAINFUL oral diseases known in medicine, which can only be solved by anesthetic dental cleanings and, in most cases, extractions. These are stomatitis, a severe inflammation of the gums, and resorptive tooth lesions known as FORLs, where it looks like someone has drilled directly into the sensitive tooth. Imagine the pain. Let's solve it. For your cat's sake.



Stomatitis



A FORL on the right tooth

STEP 4: DIAGNOSTIC TESTS FOR YOUR CAT

Along with dental care, diagnostic tests will be your veterinarian's primary contribution to helping your cat live their longest and best life. Why? Early detection. If you and I catch a health problem early in the game, our odds of successful treatment increase dramatically.

YOUR KITTEN'S TESTS:

Every kitten should be tested for two things: fecal parasites and leukemia/FIV.

-*Why fecal parasites?* Because your kitten may have giardia, which they can pass on to you. This is a great way for you to lose a little weight and spend some quality time on the toilet for a month. Take my word for it, and avoid it.

Even a bigger issue is that kittens carry roundworms, which can infect your kids and create permanent blindness. This is a big problem... that you can easily prevent. So do it.

Why leukemia and FIV? Because these are viral diseases which cannot be solved. They will create a life of challenges for your kitten, and are transmissible to other cats in the family.

ANNUAL TESTING FOR CATS OVER 7 YEARS:

If you are in this to give your cat their longest life, you need the following tests done on your adult cat once a year:

-BLOOD PRESSURE

-BLOOD TESTS: Complete Blood Count, Chemistry Panel, and Thyroid Screen

-URINALYSIS

Why? To catch health challenges like kidney disease as early as possible. Because you likely already understand the value of the blood tests, let's spend a couple moments on the Blood Pressure and Urinalysis.

High blood pressure is known as the "silent killer", and for good reason. In our cats, high BP **WILL** cause kidney disease and heart disease. The real problem is that it's a pain in the butt for vets to measure, so most do NOT do it as part of an annual exam. You need to insist on this — it could add years to your cat's life.

Urinalyses are a great way to detect kidney problems BEFORE you see bloodwork changes. How? Early kidney disease will cause protein loss into the urine. The other thing that a urinalysis will do is tell us whether your cat's diet agrees with their urinary tract. If you see alkaline urine and crystals in your kitty's urine, time to change the diet... or risk your cat's life with urinary tract infections and a potential urinary blockage. You decide.

STEP 5 — PROVEN SUPPLEMENTS FOR YOUR CAT

There are very few supplements that have been thoroughly studied in cats, and I am actively working on finding every study that I can to help our cat pals. Stay tuned for updates.

Here's what we know to date:

Every adult cat will benefit from Undenatured Type 2 Collagen, or UC-II, to protect their joints naturally and safely. Why? Because cats are great jumpers, but every time they jump they must land, and this sets the table for severe arthritis as they age. UC-II prevents that arthritic pain, and can be simply sprinkled over our cat's diets. We sell it as **TRANSCEND**, but you can find it in a lot of other spots as well.

And while we're on the topic of joint inflammation, here's another thing we know: **Glucosamine/Chondroitin products like Dasuquin and Cosequin don't work in cats.** Or dogs. Or humans. Listen, I sold Dasuquin for years so this is painful... but it's true. I can show you the studies.

Another supplement that has been proven to benefit cats is our old friend fish oil. Omega 3 fatty acids both reduce inflammation and help heart function. Not a bad mix. Yes, we carry the very best fish oil, Nordic Naturals, as well.

I'm leaving the rest of this page blank intentionally, because I hope to have more info for you shortly.

STEP 6 — PRESCRIPTION LONGEVITY DRUGS FOR YOUR CAT

Yes, the future is now for our cats.

The primary prescription longevity drug we are using to help our cats live their longest life is **RAPAMYCIN**.

Why RAPAMYCIN?

- 1) Rapamycin has been PROVEN to extend lifespan by up to 14% in EVERY mammal species studied to date.
- 2) Rapamycin has been proven SAFE in our cats and dogs.
- 3) Rapamycin is the ONLY drug which has been proven to slow or stop the progression of Hypertrophic Cardiomyopathy (HCM) in cats. This is the single most common form of heart disease in our cats, and until rapamycin it was a death sentence.
- 4) Rapamycin has been proven to fight multiple types of cancer in cats, including melanoma, squamous cell carcinoma, and mammary cancer.
- 5) Rapamycin reduces arthritic inflammation
- 6) Rapamycin reduces periodontal disease.

Pretty compelling.

If you want rapamycin for YOUR cat, I can send it your way either with a prescription from your local vet or after a Longevity Consult with me.

One thing you should know is that not all rapamycin products are created equal. If you find it someplace other than through me, PLEASE make sure that it is delayed release. Rapamycin is degraded by stomach acidity, so we need to get it into the intestines for it to work. It's expensive, so don't take that risk.

AND AN INVITATION TO YOU.

Because Your Cat Deserves a Longer, Healthier Life

If you've ever looked into your cat's eyes and wished for more time—more years, more adventures, more quiet moments—you're not alone.

I'm a veterinarian with 40 years of clinical experience, and my life's work is Helping Pets Live Longer. That now includes **individualized Cat Longevity Consults** designed for proactive, science-driven pet parents like you. The combination of my decades of experience with your love will be a powerful benefit to the cat you love.

My Cat Longevity Consults include:

- **Custom longevity plans** tailored to your cat's unique history, genetics, and lifestyle
- **Collaboration with your local vet** to optimize your cat's health care.
- **Ongoing case management** to adjust strategies as your cat ages
- Guidance on **prescription longevity drugs like rapamycin**, and the most effective, evidence-backed supplements
- **Strategies** for preventing or slowing the conditions that shorten the lives of the cats that we love—like kidney disease, HCM, and chronic pain

This is longevity science—with love.

If you're ready to stop guessing and start planning the rest of your cat's life, I invite you to sign up for a Cat Longevity Consult today.

All the best, Dr. Kevin