

How to Optimize Your Cat's Health in 2026

A science-based longevity checklist for cats 7+

By Dr. Kevin Toman, The Longevity Vet

If your cat is over 7, here's the truth most veterinarians don't say out loud: **Cats age silently.** They lose kidney function, develop heart disease, accumulate inflammation, and decline metabolically years before any obvious symptoms appear.

The good news? Longevity is not random. Your cat's lifespan—and more importantly, *healthspan*—is something you can actively build in 2026 using a small number of evidence-based levers.

Below are the 7 most powerful things every cat over 7 needs to live longer and better, distilled from 40 years of clinical practice and modern longevity science.

Early Detection Tests That Find Disease Before Symptoms

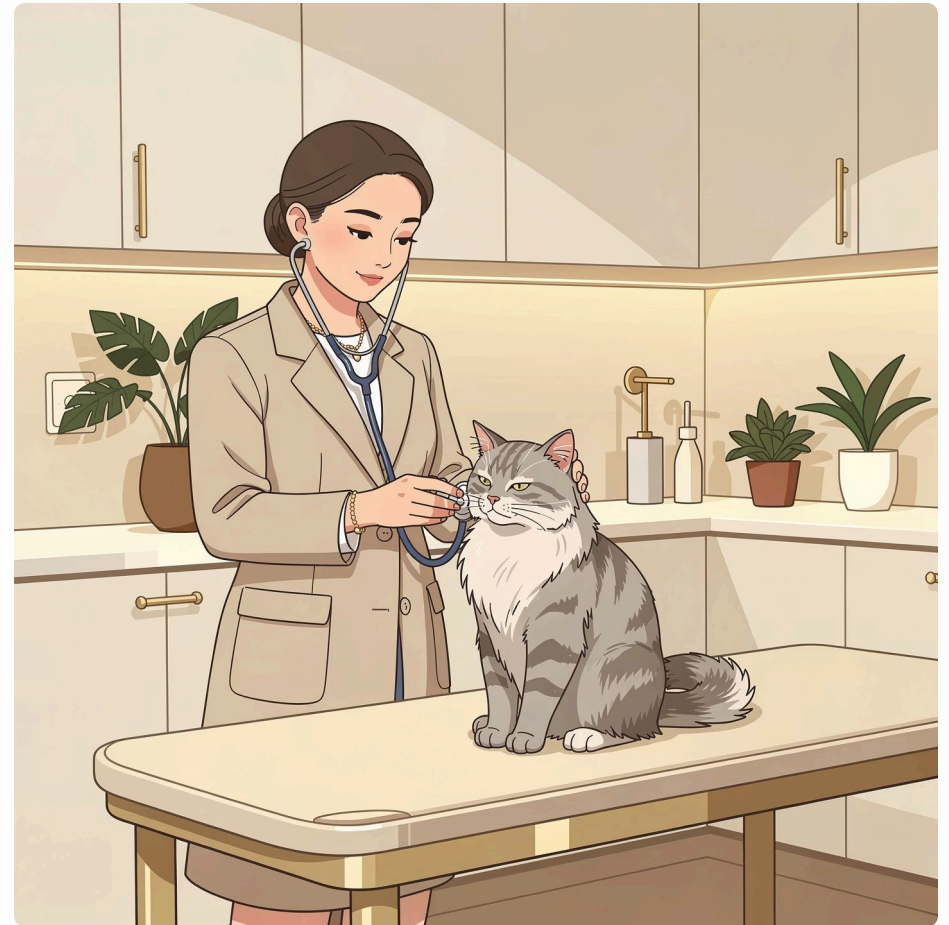
The Cat Longevity Panel

Longevity medicine starts with data—**before your cat looks sick**. By age 7, a basic CBC and chemistry panel is not enough. Cats need targeted early-detection testing that identifies problems while they are still reversible.

For cats, the most important early-warning tests include:

- **Blood pressure** – hypertension is common, silent, and deadly. It can cause acute blindness and worsen both heart and kidney disease.
- **SDMA** – detects kidney disease earlier than standard BUN/creatinine blood tests.
- **proBNP** – identifies heart disease before you ever hear a murmur.
- **Urinalysis** – checks both kidney and bladder health; especially important in males.

These four tests alone often uncover problems **months to years before cats show outward signs**.



- ❏ **Action:** If your cat hasn't had blood pressure, SDMA, proBNP, and a urinalysis within the last 6–12 months, this is Step One of any serious longevity plan.



Anesthetic Dental Cleaning With Full-Mouth X-Rays

Because dental disease quietly shortens life

The Hidden Problem

Most cats over 7 already have painful periodontal disease below the gumline—even when their teeth look "fine."

Why This Matters

- Oral bacteria seed the heart and kidneys
- Chronic inflammation accelerates aging ("inflamm-aging")
- Dental disease worsens appetite, weight loss, and kidney disease
- Treating dental disease improves comfort and longevity

The Only Solution

There is only one way to diagnose and treat it correctly: **anesthetic dental cleaning with full-mouth dental x-rays.**

Action: If your cat hasn't had a dental procedure with x-rays in the last 12–18 months, this is a longevity priority.

A Better Diet... and Slightly Less of It

Metabolic health = longevity

Cats are metabolic specialists—and modern feeding works against them.

What longevity research consistently shows:

- **Lean animals live longer**
- Caloric moderation extends lifespan in every mammal studied
- Metabolic stress drives kidney disease, diabetes, and inflammation



Higher-Protein Nutrition

Species-appropriate, biologically optimal feeding



Less Ultra-Processed Food

Reduce reliance on dry food when possible



Portion Control

Maintain lean body condition throughout life

Action: Feed the best diet you can reasonably manage—and feed just slightly less. Lean cats live longer. Every time.

Reduce Hidden Inflammation

The silent accelerator of aging

Chronic inflammation in cats often shows up subtly—and many owners dismiss these signs as "normal aging." **They're not.** Inflammation accelerates kidney disease, heart disease, arthritis, and cancer.



Digestive Issues

Vomiting hairballs "too often" or mild constipation and GI upset



Mobility Changes


Decreased jumping or reluctance to climb stairs



Skin & Behavior

Over-grooming, skin changes, or "just slowing down"

None of this is normal aging. These are early warning signs of systemic inflammation that requires intervention.

 **Action:** If your cat has GI issues, mobility changes, skin problems, or behavioral shifts, a Longevity Consult can identify and treat the underlying inflammatory drivers before they shorten life.

Smarter Vaccines and Parasite Prevention

Precision, not excess

Longevity medicine uses **risk-based prevention**, not autopilot medicine. This is critical because every vaccine in a cat carries a small but real risk of injection-site sarcoma—a deadly cancer.

For aging cats:

- Continue vaccines and parasite protection—based on your cat's *individual risks*
- If your cat is not at risk, **AVOID unnecessary annual booster shots**
- Remember that every needle poke can cause skin cancer in cats
- Tailor prevention to indoor vs outdoor risk exposure

Less immune stimulation from unnecessary vaccines = better long-term health and reduced cancer risk.



📄 **Action:** Have your cat's prevention plan reassessed through a longevity lens.

Supplements That Actually Move the Needle

Not guesswork. Evidence.

After decades in practice, two supplement categories consistently matter for aging cats. These aren't trends—they're backed by clinical experience and peer-reviewed research.

1

Fish Oil

Foundational anti-inflammatory, antioxidant, metabolic support

Benefits include:

- Reduced chronic inflammation throughout the body
- Improved kidney and cardiac resilience
- Better mobility and sustained energy
- Delayed onset of age-related disease

2

Joint Support (TRANSCEND)

To reduce joint inflammation and pain

Targeted formulations that support cartilage health, reduce oxidative stress, and maintain comfortable movement as cats age.

📌 **Action:** Start with foundational longevity support, then personalize based on labs —not trends.



Prescription Longevity Drugs: The Future Is Already Here

RAPAMYCIN



Rapamycin is one of the most studied longevity drugs in mammalian biology. In cats, it is currently **the only medication shown to slow or stabilize hypertrophic cardiomyopathy (HCM)**—the most common heart disease in cats.

Beyond cardiac protection, rapamycin also offers:

Reduced Inflammation

Systemically lowers age-related inflammatory markers

Reduced Cancer Risk

Modulates cellular pathways involved in tumor growth

Kidney Support

Helps preserve kidney function in aging cats

Dental Health

Reduces progression of periodontal disease

These medications are powerful—but must be used correctly, with monitoring and individualized dosing. This is not something to experiment with based on internet research.

Action: If you're curious whether your cat is a candidate, sign up for a Pet Longevity Consult with me. This is way too important for Google or Facebook.

Longevity Requires a Different Kind of Veterinarian

Longevity isn't a product list. It's a relationship, a strategy, and an ongoing plan built on data, clinical experience, and personalized medicine.

Your cat deserves a veterinarian who:



Tracks Subtle Changes Over Time

Monitors trends in labs, weight, behavior, and biomarkers—not just acute problems



Interprets Advanced Biomarkers

Goes beyond basic bloodwork to identify early disease and metabolic dysfunction



Integrates Multiple Modalities

Combines nutrition, diagnostics, supplements, and medication into a cohesive plan



Plans for the Long Term

Focuses on the next 5–10 years, not just the next visit

After 40 years in veterinary medicine, this is now my full-time focus. I've seen what works—and what doesn't—and I'm committed to helping cats live longer, healthier lives through evidence-based longevity medicine.

What To Do Next

Your cat doesn't need to "just age." With the right strategy, **2026 can be the year you actively protect—and extend—their life.**



If you're just curious:

Take our CAT LONGEVITY QUIZ → Get a personalized longevity score and first steps



If you want clarity and a plan:

Book your CAT LONGEVITY CONSULT — A focused call to identify the highest-impact steps for your cat—no pressure, just answers.



If you're ready for comprehensive care:

Learn about the Cat LONGEVITY PROTOCOL — The only concierge longevity program for cats in the U.S., combining functional diagnostics, interpretation, supplements, and prescription longevity medicine.



"Your cat's healthspan is not an accident. It's a strategy."

— **Dr. Kevin Toman**
The Longevity Vet