CARING FOR A CAT WITH DIABETES

What is diabetes?

Cats need glucose (sugar) as an energy source to survive. Diabetes Mellitus is a disease in which there is an absolute or relative deficiency in insulin, a hormone responsible for the uptake of glucose from the blood stream into the cells of the body.

Most diabetic cats suffer from Type 2 diabetes which causes a relative lack of insulin usually due to a decreased production from the pancreas combined with a reduced ability for the body to respond to insulin.

What causes diabetes?

There are several causes of diabetes. The most common cause of feline diabetes is due to obesity. Other causes include genetic factors, the use of certain medications, sex hormones, a range of illnesses including hormonal diseases and infections.

How does it work?

To put things simply, when your cat eats a meal his/her blood sugar will increase as the meal is digested and glucose is absorbed from the gut. This glucose is then transferred from the blood into the cells of the body so it can be used as their energy source. It is insulin that facilitates the transfer of glucose from the blood into the cell.

In a healthy animal, insulin is secreted in small quantities based on demand. When treating diabetics we mimic the secretion of insulin by injecting it after a meal. Without insulin the blood glucose would be too high (hyperglycaemic) and too much insulin would result in the blood glucose dipping too low (hypoglycaemic). Allowing your pet’s blood glucose to become too low can be very dangerous and can result in a coma. High blood glucose is less detrimental in the short term but can be equally as serious if experienced over a long period of time.

Clinical signs of diabetes

- Drinking/urinating excessively
- Excessive hunger
- Weight loss
- Sweet- smelling breath
- Sometimes diabetic patients can present quite severely with dehydration, vomiting, anorexia, seizures, shivering, weakness, abnormal behaviour/disorientation, an unusual gait, breathing rapidly or collapsed.

One or more of these clinical signs may lead your vet to test for diabetes. To a large extent, the clinical signs and their severity will depend on how early the disease has been presented.
Diagnosis of diabetes

- Clinical signs of diabetes
- Evidence of persistently high blood glucose
- Evidence of glucose in the urine
- Although the above alone are sufficient to provide an accurate diagnosis of diabetes your vet may recommend other tests such as full blood and urine profiles to enable detection of underlying diseases or complications.

Treatment

The treatment for diabetes includes injecting daily insulin, controlling the diet and the treatment of underlying/concurrent diseases. Some cats will suit an oral hyperglycaemic medication but unfortunately this has varying success levels.

Initial stabilisation of a newly diagnosed diabetic cat

Once your cat has been diagnosed with diabetes we will arrange a long consultation to go through how to care for them. It is important to set aside some time without the distraction of other pets or children as the amount we need to discuss can be overwhelming.

Your vet will talk to you about four main points:

1. Understanding the basics of the disease and how it works; the better you understand the disease the easier it will be for you to manage your friend’s illness with confidence.
2. A feeding regime which may include a weight loss schedule; feeding the appropriate diet and correct quantities is imperative to the successful treatment of diabetes.
3. How to store insulin and how to inject your pet.
4. A treatment/monitoring plan tailored to you and your family depending on factors such as financial restraints, work/commitments/schedules other than the family pet!

The goal when treating diabetics is maintaining a routine. It is imperative that your pet’s treatment regime is realistic and achievable considering your own personal commitments. Our goal is to eliminate their clinical signs, improve their quality of life and minimise any complications whilst maintaining your sanity!

Feeding

- The priority is a controlled and consistent diet. This will be a measured amount at a set time and may require feeding other members of the family under close supervision!
- It is advised that you feed a diet high in complex carbohydrates and fibre and low in fat. There are prescription diets available to provide exactly what your pet needs in an easy reliable source.
Treats should be avoided between mealtimes. A diabetic will be more stable and healthy if it is a healthy body weight so your vet may advise a diet aimed to facilitate gradual weight loss.

**Exercise**

- It is important to keep exercising – it increases insulin absorption and facilitates weight loss/maintenance.
- This is extremely difficult to regulate in the cat.

**Insulin injections**

Insulin can be injected with the use of a syringe and needle which requires you to draw up a suitable dose from a vial of insulin. More popularly, you can purchase a Vetpen which calculates the dose and injects for you! This is likely to be a more hassle free and accurate way to dose your cat.

**Injecting using a Vetpen**

**Loading a cartridge**

1. Remove pen lid, unscrew pen body from cartridge holder.
2. Check internal plunger is fully retracted.
3. Mix insulin by gently turning cartridge up and down.
4. Load the cartridge and put cartridge holder and pen body firmly together.
5. Attach the VetPen needle to the VetPen and remove outer protective cap.
7. Hold VetPen with needle facing up.
8. Dial one unit and release.
9. Repeat this until a steady stream of insulin is seen coming from needle.

**Injecting**

1. Ensure the arrow on the VetPen body points to the start line on the dose selector and then dial up the number of units your pet requires.
2. If you over-dial, never wind back the dose selector.
3. Expel the insulin and draw up the correct dose.
4. The injection should be given under the skin behind the shoulder blades.
5. After the dose selector has returned to the start line, wait a minimum of five seconds.
6. After pressing the release button count to a minimum of five seconds, making sure that the dose selector has returned to the start line before removing the needle from the skin.
7. Remove the needle from VetPen and dispose of appropriately.

There are excellent videos on the caninsulin website [www.caninsulin.co.uk](http://www.caninsulin.co.uk) that teach you all about diabetes and how to use the Vetpen. Please watch them. The vet/nurse can also teach you how to inject and there will be an opportunity to discuss any concerns you may have.
Injecting using a caninsulin syringe in comparison to the Vetpen:

1. Always use a new syringe.
2. Only use 40 IU Caninsulin syringes.
3. Gently mix the insulin and then draw up the required dose.
4. Ensure you remove any air bubbles.
5. Tent the skin at the injection site and gently push the needle through the skin.
6. Draw back on the syringe.
7. If you see any blood, simply withdraw and reinsert the needle elsewhere.
8. Administer the insulin by depressing the plunger.
9. Dispose of the used syringe appropriately.

It may take some time to stabilise your diabetic cat. The stabilisation process can be a frustrating one for both owner and vet as each cat will respond individually to the treatment plan provided. The period is usually 1-6 months but can be shorter. It will be necessary to take blood tests during this period in order to assess the level of control.

Initially we will start your cat on a safe dose of insulin that may need to be increased but will allow initial stabilisation to commence without the fear of dangerously lowering his/her blood glucose. We will then ask you to keep a diary at home and bring it to your next consultation.

It is important that you are aware of the clinical signs of hypoglycaemia (low blood glucose) so that you can respond appropriately should it occur. It may occur if your cat is overdosed or doesn’t eat and can be life-threatening if left untreated.

Hypoglycemia

<table>
<thead>
<tr>
<th>Weakness</th>
<th>Shivering</th>
<th>Muscle twitching</th>
<th>Unrest or lethargy</th>
<th>Progressing to fits and unconsciousness</th>
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**Response**

Treat quickly with glucose/sugar solution/honey rubbed onto gums and then feed as soon as safe to do so. After treating contact us!

If you have any concerns do not hesitate to phone the practice on 01626 835002.

**Storage of insulin vials**

- Insulin must always be stored in the fridge prior to opening
- After opening, it may be possible to store up to 25 degrees Celsius or in the fridge.
- Insulin must not be frozen
- Always store in an upright position.
Discard once the vial has been breached for 28 days

**IMPORTANT WARNING:** IF YOU ACCIDENTLY SELF INJECT SEEK MEDICAL ATTENTION WITHOUT DELAY.

**Ongoing care and monitoring of a diabetic**

Once your cat is stabilised it should be monitored at home for any clinical signs. A visit to the vets will be arranged at an interval appropriate to the need of the individual. The interval is usually a minimum of three months.

This check will be likely to include a blood sample, urine sample and full health examination. It may be necessary for your pet to come in to hospital for the day to have a serial blood glucose curve. We take measurements of blood glucose throughout the day to assess the fluctuations your pet may be undergoing within the day.

**Prognosis**

Diabetes is not curable but is treatable. It is possible for a diabetic cat to live a comfortable life. Please be aware that it is likely that your cat will not reach a normal life expectancy.

**Complications**

- **Cataracts**
  Ideally, cataracts should be removed surgically if finances allow. The reason for this is that they predispose to glaucoma, a serious disease causing blindness. If your cat has untreated cataracts please ask your vet to explain the warning signs of glaucoma so that you can seek veterinary attention as soon as possible.
- Recurrent bacterial infections, in particular, urinary tract infections.
- Concurrent disease may complicate diabetes, worsening the prognosis and making stabilisation difficult.
- Diabetic nephropathy: kidney disease.
- Diabetic neuropathy: damage to the nerves.

**Summary**

- Give Caninsulin injections at the same time(s) each day.
- Do not change the dose without consulting us.
- Ensure food and exercise are consistent.
- Monitor eating, drinking, weight and demeanour.
- Always ensure water is available to your pet.
- Contact us if you have any concerns.