

CFSA Informer

ISSUE 6

VALENTINE'S ISSUE

FEBRUARY 2014

HERBAL
Healing

2014

FACT

PUR-CHAS-
ES

love

Fertility
Management

estrus cycle

Matters of the Heart :

HEART ailments

EXPOSED!

Sweets for my Sweet

Softly whispering I love you ...



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Let's get this show started!

Did you submit your FFC show entry?

Don't forget the CCC entries closes soon!

Remember to check out the Official Corner!



Health Corner:

MATTERS OF THE HEART

Congestive Heart Failure (CHF)

When the heart can't deliver enough blood to the body and fluid consequently backs up into a cat's lungs, it's called congestive heart failure.

There are many causes of congestive heart failure in cats.

Most commonly it results from a condition that causes the walls of the heart to thicken (hypertrophic cardiomyopathy), but it can also be brought on by thyroid disease, high blood pressure, or birth defects, among other possibilities.

A cat with congestive heart failure may have trouble breathing, may be weak or tired, might refuse to eat, and could die suddenly.

Depending on the underlying problem, treatment may help reverse congestive heart failure, and there are medications to reduce symptoms.

Overview

Congestive heart failure is a broad medical term that means that a cat's heart can't deliver enough blood to his or her body.

It can be caused by a failure of the left side, right side, or both sides of the heart.

When the heart starts to fail in its ability to pump adequate amounts of blood, the body can usually compensate to ensure that tissues receive the blood and oxygen they need.

As the heart disease increases in severity, however, these compensatory mechanisms become overwhelmed.

The heart is then unable to pump enough blood to the body so that the fluid backs up, most often into the lungs.

This causes congestion of the lung tissue — hence the term *congestive heart failure*.

Though many conditions can lead to congestive heart failure in cats, one of the more common causes is hypertrophic cardiomyopathy.

In this condition, the muscular walls of the heart become so thickened that they are unable to stretch and fill with adequate amounts of blood to pump to the body.

As a result, fluid will back up into or surround the lungs, making breathing difficult.

Fluid may also back up into the abdomen, but this is less common in cats than in dogs who suffer similar cardiac conditions.

Other causes of congestive heart failure in cats include:

- Hyperthyroidism
- High blood pressure
- Heart valve deficiencies or blockages
- Defects in the heart walls
- Fluid in the sac surrounding the heart
- Blood clots within the heart
- Heart rhythm abnormalities
- Heartworm disease
- Tumors
- Anemia (low numbers of red blood cells)
- Pregnancy

Congestive heart failure can occur at any age, in any breed, and in cats of any gender, but it happens most often in middle-aged to older cats.

Symptoms & Identification

In the early stages of congestive heart

failure, cats might show no signs at all. As the disease progresses, signs can include:

- Difficult or rapid breathing
- Blue or gray gums or tongue
- Loss of appetite
- Weakness or lethargy (tiredness)
- Collapse
- Hind limb paralysis
- Sudden death

Congestive heart failure is usually diagnosed based on symptoms and physical examination findings, in which fluid in the lungs causes them to sound congested when your veterinarian listens with a stethoscope.

To definitively diagnose the condition and determine its cause, veterinarians will usually recommend a number of tests, such as:

- Blood and urine tests, including CBC, biochemical panel, thyroid hormone test, heartworm test, FeLV/FIV test, and urinalysis
- Chest radiographs (X-rays) to assess the heart, blood vessels, and lungs
- An electrocardiogram (ECG)
- An echocardiogram (an ultrasound exam to evaluate heart structure and function)
- Blood pressure measurement

Referral to a veterinary cardiologist may be recommended.





Health Corner:

MATTERS OF THE HEART

Affected Breeds

All cat breeds may be affected by congestive heart failure.

Treatment

In some cases, such as congestive heart failure that is caused by hyperthyroidism, treatment of the underlying condition may resolve some or all of the heart problems.

If the problem is caused by a congenital condition (a heart defect that the cat has had since birth), surgical repair may be an option.

In most cases, however, the problem cannot be cured. Nonetheless, treatment can almost always help improve cats' quality and length of life.

Cats with severe congestive heart failure may require initial hospitalization and oxygen therapy.

If fluid surrounds the lungs (pleural effusion) or is found in the sac surrounding the heart (pericardial effusion), it may need to be removed to improve breathing and help the heart pump more efficiently.

There are plenty of medications veterinarians recommend to help reduce fluid buildup, improve heart function, and/or normalize heart rhythms.

A low-sodium diet may also be recommended to help prevent fluid accumulation. Most cats with congestive heart failure require medications for the remainder of their lives.

Periodic blood tests, radiographs, and echocardiograms are often needed to monitor treatment success and disease progression.

Prevention

There is no known means of prevention of feline congestive heart failure except through judicious breeding programs designed to eliminate any hereditarily affected animals from the gene pool.



10 Signs of Heart Disease

#10 Vomiting

While coughing is a major symptom of heart disease in dogs, it does not often occur in cats. Cats, however, do vomit as a result of heart disease.

#9 Difficulty Breathing

If your cat's breathing becomes labored, or if it experiences shortness of breath or begins to breathe more rapidly than usual, it may be a sign of heart disease.

#8 Thromboembolisms

Thromboembolisms are blood clots, and they are often a result of heart disease in cats - and often the first sign that is noticed. Most frequently, it is "saddle thrombus," by which a blood clot lodges at the end of the aorta and cuts off proper blood supply to the hind legs. Symptoms are pain and the inability to walk normally on the hind legs. The femoral pulse may be weak or absent in one or both hind legs.

#7 Depressed/Withdrawn

If your cat begins to exhibit changes in behavior like acting depressed, withdrawn, reluctance to accept affection,

or isolating itself, the behavior may be caused by heart disease.

#6 Poor Appetite

A cat will not suddenly lose its appetite for no good reason. There will almost always be a larger cause behind a poor appetite. Be aware of other signs as well and seek veterinary assistance.

#5 Weight Loss or Gain

Weight loss is definitely a symptom of heart disease, though weight gain can be, as well.

#4 Swollen Abdomen

More likely than weight gain is a bloated or distended abdomen.

#3 Fainting/Collapsing

If you find your cat has fainted or collapsed, seek veterinary help. If your cat is experiencing any of these other signs, it may all be due to heart disease.

#2 Weakness

Sure, cats nap a lot no matter the circumstance. However, if your cat appears less playful or tires more easily due to weakness rather than laziness, you may have a problem.

#1 Restlessness

Restlessness is harder to recognize in cats than in dogs, as it seems many healthy cats are restless, especially at night. If your cat suddenly becomes restless at night where it wasn't before, be on the look-out for other signs of heart disease.

Source: VetStreet





Health Corner:

MATTERS OF THE HEART

Heart Murmurs

A heart murmur is an abnormal sound of the heart caused by the vibration of turbulent blood flow.

Heart murmurs may be a sign of a serious underlying condition such as hypertrophic cardiomyopathy and birth defects or "functional, innocent or physiologic" (no disease).

The heart muscle or the heart valves may be affected.

What conditions can cause murmurs in cats?

- Anemia - Decreased number of red blood cells. There are a number of causes of anemia in cats.
- Bacterial endocarditis - Bacterial infection of the heart valve.
- Congenital (present at birth) heart defects such as pulmonic stenosis.
- Heart valve disorders
- Heartworm - A potentially fatal type of roundworm which lives in the heart, lungs and pulmonary arteries.
- High blood pressure (hypertension) - Is a condition in which the blood is pumped at an abnormally high pressure through the arteries.
- Hypertrophic cardiomyopathy - Thickening of the left ventricular wall, papillary muscles and septum.
- Hyperthyroidism - Benign tumour of the thyroid gland.

Heart murmurs which are present at birth are usually due to congenital defects or functional murmurs. Some young kittens will have a detectable heart murmur which vanishes by the time they are a few months old.

Heart murmurs are graded I to IV, by intensity (loudness), using a stethoscope.

- *Grade I* - Barely audible
- *Grade II* - Soft, but can be heard easily
- *Grade III* - Moderately loud
- *Grade IV* - Loud
- *Grade V* - Can be heard with stethoscope off the chest
- *Grade VI* - Can be heard without a stethoscope

What are the symptoms of heart murmurs in cats?

A heart murmur is a symptom in itself and not a disease. Symptoms will depend on the cause of the heart murmur. Many cats will display no symptoms at all. Common symptoms may include:

- Anorexia - (loss of appetite)
- Coughing
- Cyanosis (blue gums)
- Difficulty breathing
- Lethargy
- Irregular heartbeat (arrhythmia)
- Poor growth (congenital heart disease)
- Swollen abdomen (ascites)
- Weight loss

Diagnosing the cause of heart murmurs:

- X-rays to evaluate the heart.
- ECG (electrocardiogram).
- Blood tests to look for underlying disease, check for anemia.

Treating heart murmurs in cats:

Treatment depends on the cause of the murmur and clinical signs and may include:

- Anemia: Treating the cat for internal and external parasites, blood transfusions for severe anemia, antibiotics to treat feline infectious anemia.
- Bacterial endocarditis: Antibiotics to control the infection.
- Surgery to correct birth defects, if possible.
- Pulmonic stenosis: Balloon valvuloplasty is the insertion of a balloon into the pulmonic valve to break down the obstruction.
- Heartworm: At the time of writing, there is no approved medications to treat heartworms. Each cat is treated on a case by case basis. If there are no other symptoms, the vet may choose to sit and wait, it takes approximately 2-3 years for the heartworm to die. Cats displaying symptoms of heartworm disease may be given prednisone to help reduce inflammation. Bronchodilators may be required if your cat is experiencing breathing difficulty. Cage rest may also be recommended.
- High blood pressure: Finding and treating the cause, if possible. Medications to bring down the blood pressure such as calcium channel blockers, beta blockers, ACE inhibitors and diuretics may be prescribed.
- Hypertrophic cardiomyopathy - There is no treatment other than supportive care for HCM. This may include diuretics, blood thinning drugs, beta blockers to help the muscle relax.

As you can see, most cases of heart murmur have an underlying cause, which needs to be addressed.

No treatment is required for a murmur alone.





Health Corner:

MATTERS OF THE HEART

Myocardial Infarction

Much like in humans, a blockage of blood flow to the *myocardium* (the heart's muscular wall), is medically referred to as a heart attack, or myocardial infarction.

This is generally due to the formation of a blood clot (or *thrombus*) within the blood vessels or heart, causing the premature death of a portion of the myocardium.

Heart attacks are rare in both cats and dogs.

Symptoms and Types

- Weakness
- Lethargy
- Vomiting
- Difficult breathing
- Obesity
- Low-grade fever
- Lameness
- Increased heart rate
- Collapse
- Sudden death

Causes

- Cardiomyopathy
- Thromboembolism

Diagnosis

You will need to give a thorough history of your cat's health, including the onset and nature of the symptoms.

The veterinarian will then conduct a complete physical examination, paying close attention to the cat's cardiovascular system.

Various laboratory tests -- such as complete blood count (CBC), blood culture biochemistry profile, and *urinalysis* --

will be used to help identify the underlying cause of the heart attack.

Blood testing may reveal an increased number of white blood cells (leukocytes), often seen during infections.

The biochemistry profile, meanwhile, may show abnormally high levels of liver enzymes or abnormally low levels of T3 and T4 hormones.

Echocardiography is another excellent tool used to evaluate of cardiac abnormalities.

Treatment

The course of treatment will depend on the underlying cause of the heart attack and the complications associated with the myocardial infarction.

Initial treatment also involves using medication(s) to dissolve the thrombus and restore blood flow to the heart muscles.

In severe cases, especially those with irregular heart rhythms, cats will be hospitalized until they are stabilized.

Living and Management

The *prognosis* largely depends on extent and duration of problem.

In addition to regular monitoring of heart and laboratory testing during treatment, your veterinarian will recommend restricting the cat's activity during and after treatment.

Source: PetMD



Q: My cat seems to have a fast heart rate. What's normal, and how can I tell if my cat's OK?

A: A cat's heart normally beats between 140 and 220 times per minute, with a relaxed cat on the lower end of the scale. It's not unusual for a heartbeat to be high at the veterinarian's, since cats don't like being away from home, and they certainly don't like being poked and prodded by strangers.

To take your cat's heart rate, you need a watch that clicks the seconds off visibly. Put your hand over your cat's left side, behind the front leg. You'll feel the heart pulsing beneath your fingers (if you can't, you might talk to your veterinarian about getting some of the fat off your cat). Count the beats while 15 seconds clicks off your watch; multiply by four to get the BPM, or beats per minute.

While you're at it, you might as well check out your cat's respiration rate. Step back and watch your cat when he's relaxed and standing. Count the number of times the abdomen and chest wall move in 60 seconds. A normal cat takes 15 to 25 breaths per minute. Normal feline body temperature is 100 to 102.5 degrees, read from a lubricated thermometer (petroleum jelly will do) gently inserted where the sun doesn't shine.

If you come up with an abnormal reading (or have other concerns), get your cat to your veterinarian for a follow-up.



DID YOU KNOW?

Cat Owners have lower Heart Attack Risk

Owning a cat could reduce your risk of a heart attack by nearly one third, researchers told delegates of the American Stroke Association's International Stroke Conference in New Orleans last week. The finding provoked a mixed reaction from heart experts and veterinarians.

The finding was the main result of a 10 year study of more than 4,000 Americans by researchers at the University of Minnesota's Stroke Institute in Minneapolis. Executive director of the Institute, Dr Adnan Qureshi, who is also senior author of the study, was reported by US News & World Report to have said:

"For years we have known that psychological stress and anxiety are related to cardiovascular events, particularly heart attacks." Qureshi said having pets probably helped to relieve stress. The researchers said dogs probably had a similar effect, but there weren't enough dog owners in the study to show this conclusively. Previous research has linked contact with pets to heart benefits, they said.

Qureshi and colleagues extracted data on 4,435 Americans aged 30 to 75, from the second National Health and Nutrition Examination Study that took place from 1976 to 1980. 2,435 of the participants were current or former cat owners, while the remaining 2,000 had never had a cat.

Using the main outcome as death from all causes, including stroke and heart events, the researchers found that over a 10 year follow up period, cat owners showed a 30 per cent lower risk of death from heart attack compared to non cat owners.

Qureshi, who own a cat called Ninja, said they had expected to see an effect, because the theory was plausible, but the size of the link was a surprise.

Someone who was not surprised by the findings was Kathie Cole who presented the results of a study to the American Heart Association in 2005 that showed contact with dogs helped improve heart and lung function in people with heart failure. Cole is a clinical nurse at the University of California Los Angeles (UCLA) Center and School of Nursing. She told US News & World Report:

"I would be inclined to think that any animal that is perceived as meaningful to a person in a positive way would have health benefits."

She mentioned other research that suggested pets had a calming effect. Unfortunately, the opportunity to have this "low cost" stress relief is denied to many potential heart patients who live in apartment blocks and nursing homes where pets are not allowed.

Qureshi said this research: "Opens a whole new avenue or intervention that we hadn't looked at before, one that can be made at the public level." And there appear to be no risks with this approach, unlike drugs or surgery, he added.

Others would disagree, saying that such findings are not proof of a causal link, only that a link between cat ownership and lower heart attack risk exists. Qureshi admits this, said a report in ABC News. The link could be to the personality and lifestyle of cat owners and not to the fact they have a cat.

"Maybe cat owners tend not to have high-stress personalities, or they are just the type of people that are not highly affected by anxiety or high-stress situations," he said.

Qureshi and colleagues did not analyse the personality traits of cat owners and could therefore not shed light in this area.

Another reason to be skeptical, other experts told ABC News, is that other studies have shown quite different results. One for example, published in the American Journal of Cardiology in 1995, showed that while dog owners had a higher chance of surviving a heart attack, cat owners had a reduced chance. Director of the division of cardiology at the University of Miami, Dr. Robert Myerburg, said this made sense because many people are allergic to cats, and not to dogs. He said he was surprised by this latest study.

Veterinary experts however, put across another plausible argument for why cats might bring more stress relief than dogs. Technical vice-president and veterinary pathologist at ARUP Laboratories in Salt Lake City, Utah, Lawrence McGill, said it was probably because cats are lap animals that want to be petted, and it is the petting that brings down the stress levels, and heart rate and blood pressure too, in many cases.





DID YOU KNOW?

On the other hand, said McGill, dogs need hands on attention, which could actually raise the owner's stress.

When you get home from work the dog demands attention, you have to take it for a walk, dogs need to be fed accord-

ing to a routine, whereas cats can practically take care of themselves.

The American Veterinary Medical Association estimates there are about 72 million pet dogs and 82 million pet cats in the US.

Sources: US News & World Report, ABC News.

Written by: Catharine Paddock, PhD



CAT PURRS HEALING POWER

stepintomygreenworld.com



CATS CREATE PURR VIBRATIONS WHITIN A RANGE 20-140 Hz ARE MEDICALLY THERAPEUTIC FOR MANY DISEASES.

DISPONEA

Cat's purr lowers dyspnea symptoms

BONE HEALTH

Frequencies of 25 & 50 Hz are the best and 100 Hz & 200 Hz the second best frequencies for promoting bone strength.

BLOOD PRESSURE

Lowers blood pressure by interacting with the cat & hearing the purring sound.

STRESS RELIEVER

Petting a purring cat calms down & lowers stress

HEART HEALTH

Cats owners have 40% less risk of heart attacks

WOUND HEALING

The vibrations are helpful for healing tendons and muscles

MUSCLES HEALING

Cat's purr can heal infections and swelling

Source:
gemmausquets.com



Health Corner:

MANAGE FERTILITY

Very few people who jumped into breeding their pets has any thought of managing fertility of their beloved brood queen.

If you have a girl and decided that she's not ready to carry kittens yet, (maybe she's still a kitten herself!) what will you do if she starts calling?

Will you simply lock her up and let it subside till the next round comes?

Well that's okay for the first 3 calls. But never ever let her call more than 3 times without mating her.

Cats are induced ovulators.

It means they ovulate when successful mating occurs.

It means they only release their mature female eggs until after they are mated.

Therefore if you let your queen to call more than 3 times without mating, you will increase the chances of cysts forming in her ovaries and a potential hormone problems later on.

When the queen is not mated for too many estrous cycles, the eggs will accumulate until the next estrus.

That is why managing fertility is very important.

Then if you finally mated her with an entire male, you risk her carrying too large a litter.

It's been recorded that a cat even tried to carry 15 kittens in her womb all at once! But none of the kittens survived.

You don't want that to happen to your queen do you?

Another possible scenario is the result of 'old' eggs.

Older eggs from previous cycle can be fertilized in the next, resulting a congenitally defect kittens such as:

- Lack of skulls
- Born premature
- Gross hernias
- Spina bifida
- Stillborns

Queens can also develop Pyometra if they are not mated for too many estrus cycles.

Although it is an infection, Pyometra can be connected to hormone changes.

Progesterone levels remain high with heat cycles, but if several heats pass without pregnancy the lining continues to thicken.

Cysts form and the lining secretes fluids that can allow bacteria an ideal medium to grow.

It is most common in older cats but can occur in young to middle aged cats as well.

Typically signs will show up one to two months following a heat cycle.

It's important to note that the discharge can only happen if the cervix is open. If it is not, then the fluid is trapped in the uterus and results in a distended belly.

They might have high levels of white blood cell counts in order to fight off the infection. The toxins overwhelm the kidneys just as it does with any infection.

Some girls are frequent callers. You can estimate your queens' natural call frequency by allowing her to call the first call out, but make sure she is secured (no male contact) until the second call comes.

This is very helpful for you to plan for her future breeding. If she calls more frequently than every 4 weeks, then you should do something about it.

Managing fertility can be done mainly in three ways:

1. Hormone use
2. Mechanical stimulation
3. Service of the vasectomised male

Managing Fertility Through Hormone Use

You can ask your vet about a hormone treatment.

It's a chemical progesterone-like hormones or estrogen derivative that can be administered orally or by injection.

It tampers with the estrous cycle by stepping it back to pre-estrus stage.

Some treatments can last for up to two months, some may be longer. I think it depends on your queens' natural call frequency.





Health Corner:

MANAGE FERTILITY

This method is only recommended for occasional use.

As the treatment can reverse the estrus temporarily, I'm afraid it might have some side effects if used one too many times.

However, it might be useful if you have a nursing queen of say, a 2 days or 3 weeks old kittens that unexpectedly come into heat (unfortunately this do happen).

Her milk supply might drop a little, but it is far better than her abandoning her kittens altogether demanding to be let out.

If you want to mate your girl after several uses of hormones, you'd better let her shed her old eggs first before attempting a real mating.

This can be done by a mechanical mating or by a vasectomised male.

Regular use of hormone treatment can cause some side effects such as diabetes.

I would recommend managing fertility through mechanical mating rather than hormone treatment.

But it is best for your girl if there's a vasectomised boy for her.

Mechanical Stimulation

Managing fertility this way should be done with caution. You or your cat might get hurt in the process.

The mechanical stimulation can be done by either a glass rod, or a cotton bud used to stimulate the vagina to mimic mating.

It is preferably to let your vet do this for you.

To make sure she ovulates, it has to be done at least 5 times as this is the average number of mating to ensure ovulations.

I would suggest you let the vet do this for you. Your queen can be left at the vet for a few days.

Vasectomised Male

To me, this is the best way to manage your queens fertility.

The only difference between a vasectomised male and whole male is that they will not ejaculate sperms.

The connection between the testicle (which produce sperms) and penis is severed so that new sperm cannot pass through.

After vasectomy is performed, allow the boy go without ladies for a period of six weeks.

Just to be sure the sperms past the severed section will not survive long enough to impregnate any of his harem.

Successful mating with a vasectomised male will cause ovulation but without the burden of unplanned litters.

Although, your queen might show some hormonal changes that mimic pregnancy, she's not.

But she won't call again until the next 5 -8 weeks. It depends on individual queen.

Having your own vasectomised male is a real treasure.

Queens are pleasant to live with, (no more yowling) they are calm, coats are lustrous, they look ready for show anytime, and most important of all, they are happy.

Reference:

Breeding Cats, A Practical Guide

Revised edition by Truda M Straede.

Dr. Truda is the breed founder of Australian Mist- the first breed developed entirely in Australia

Did you know?

Dorwest's "Wheatgerm Oil Liquid" is a natural source of Vitamin E, which helps to maintain fertility in cats and dogs.

More benefits include:

- Maintain Fertily
- Maintain skin
- Maintain coat
- Maintain nervous system



www.dorwest.com





Health Corner:

ESTRUS CYCLE

Cats are seasonally polyestrous. This means they will have repeated heat cycles over a year unless they are bred, and the heat cycles are influenced by the seasons. The mating season in cats is determined by a number of factors, including the length of daylight, environmental temperature, and the presence of other cats.

When there are 12 hours of daylight and other conditions are optimal, the hormonal system is activated, and the queen begins the estrus cycle. The mating season of cats in the northern hemisphere is from March to September. Cats in the southern hemisphere cycle from October to March.

Throughout the breeding season, queens go into and out of heat several times but do not always display estrous behavior at regular intervals. Often they exhibit continuous heat cycles in early spring (averaging 14 to 21 days from the beginning of one cycle to the beginning of the next), followed in late spring by cycles that are further apart. Each queen establishes her own normal rhythm.

Since cats are considered to be primarily induced ovulators (the physical act of mating causes them to ovulate), a cat will continue to cycle unless she is bred or the daylight factor takes over.

Proestrus

This stage of heat is the first, lasting from one to two days. You may notice that the vulva enlarges slightly and appears somewhat moist, but this usually is not apparent. The queen shows increased appetite and restlessness, utters short low calls, and displays more than usual affection for her owners.

At this time, she begins to attract toms but refuses to mate. She may urine mark around the house. Proestrus has been described as a period of courtship during which exposure to the male acts as a hormonal stimulus that brings on full heat. This belief stems from the observation that in feral cat colonies, where male companionship is common, the conception rate is higher than in catteries, where courtship is less spontaneous.

If you do not want your queen to become pregnant, take steps at the first sign of proestrus to prevent unwanted pregnancy.

Estrus

The second stage is the period of sexual receptivity. It is what breeders refer to as heat and lasts four to six days. The queen begins to make more noise and her meows are louder and more frequent—eventually becoming almost constant. There is an obvious change in her behavior: She becomes much more affectionate toward people, weaves in and out of their legs, rubs against them, shakes her pelvis, and rolls about on the floor. If picked up when rolling, she may grab at your arm or even bite.

As the urge to mate becomes pronounced, her cries become alarming-sounding like those of an animal in pain. This call attracts toms from near and far.

Young cats having their first heat have been described by unknowing owners as “rabid,” due to the dramatic changes in behavior. It is at this time that many families decide spaying is a good option.

To determine if your queen is receptive

to mating, hold her by the scruff of the neck and stroke her down the back toward the base of her tail. If she is in estrus, she will raise her hindquarters, move her tail to the side, and tread up and down with her hind feet. This estrus period generally lasts 4 to 10 days.

Interestrus

The third stage lasts 7 to 14 days. During this stage, the queen refuses to mate and aggressively rejects the male if mating is attempted.

What happens during interestrus depends on what happened during estrus: If a mating did not occur, the queen will remain in interestrus for 7 to 14 days and then start a new cycle beginning with proestrus and proceeding to estrus. If sexual intercourse induced ovulation but the queen did not conceive, she will enter a period of pseudopregnancy lasting approximately 36 days. If sexual intercourse resulted in a pregnancy, her kittens will be delivered in about 63 days.

Anestrus

The fourth stage of the estrus cycle is reproductive rest. In the northern hemisphere, this is a 90-day period from November through January. This term may also be used for older female cats who no longer cycle.





Chef's Corner

Catnip Heart Cookies

Ingredients

- 1 cup of all-purpose flour
- 1/4 cup of whole wheat flour
- 2 tablespoons of wheat germ
- 2-4 tablespoons of catnip
- 1/3 cup of milk
- 2 tablespoons of vegetable oil
- 1 tablespoon of molasses
- 1 egg

Directions

1. Begin by preheating the oven to 350 degrees.
2. Combine the dry ingredients in a bowl (flour, wheat germ and catnip).
3. Combine the wet ingredients in a bowl (egg, milk, vegetable oil and molasses).
4. Mix the wet and dry ingredients together and work it into a dough
5. Lightly flour the counter or other work surface
6. Remove a portion of dough and use a rolling pin to uniformly flatten the dough to a thickness between 1/8 of an inch and 1/4 of an inch.
7. Cut the dough into hearts using a cookie cutter or a knife.
8. Place the cookies on a lightly greased cookie sheet.
9. Bake the cookies for 10 to 15 minutes, or until the cookies are crisp and lightly browned.

10. This recipe will make approximately 50 medium-sized cat treats. Once the treats have cooled, gently remove them and place the cookies into several small freezer bags.

Since these treats are preservative-free, they will not last forever.

To extend the life of these treats, store them inside the freezer in several small freezer bags.

As needed, remove a bag from the freezer and leave it out for several hours to thaw.

Once the treats are thawed, transfer into a Tupperware container for easy access and store the treats inside the refrigerator for up to two weeks.



Valentine Sardine Treat

Nothing says "Be my Valentine" better than cooking sardines for the sake of your cat. Your kitty will love the scent emanating from your kitchen, and the good news is that it doesn't last too long - and neither will these treats, if your cat has anything to say about it!

Ingredients

- 1 small can of sardines with oil
- 1/3 cup dry milk powder
- 1/2 to 3/4 cup ground wheat germ
- 1/2 teaspoon ground brewer's yeast
- non-stick spray

Directions

1. In a medium-sized bowl, put the sardines and all the oil. Mash the sardines with a fork until very fine.
2. Add in the milk powder and 1/2 cup of wheat germ. Mix well and then add in the brewer's yeast.
3. If the sardine mixture is too moist, add in the remaining wheat germ. Spray a baking tray with non-stick spray.
4. Make small balls out of the mixture and put on the baking dish.
5. With a fork dipped in the wheat germ, press the balls down to small disc.
6. Then for a special Valentine's touch, shape the discs into little hearts with your fingers.

Bake in a preheated 350-degree Fahrenheit oven until the cookies are browned. Store in an airtight container when cool.





Alternative Corner:

HERBS to treat Heart Disease

Hawthorn berries & Dandelion root

In combination it can be used to provide heart support for pets that have cardiac disease.

The two herbs work synergistically to strengthen the heart muscle, improve circulation and as a diuretic to help eliminate edema (excess fluid buildup in the body).

Heart Disease in Pets - Congestive Heart Failure

There are two common types heart disease.

- Type one - the pet's heart valves lose their ability to close properly, causing abnormal blood flow.
- Type two - the muscular walls of the heart become thin and weak.

Both conditions develop gradually and result in congestive heart failure (CHF). Approximately 3.2 million pets in the United States are diagnosed annually with an age related or congenital form of heart disease and may be in heart failure.

Heartworm

Administration of Hawthorn & Dandelion can be given throughout the duration of some HeartWorm treatments and beyond the HWF treatment to strengthen the heart and help heal the damage heartworm can cause.

As a safety measure, please talk to your vet , before administering any herbal medications!

Feline Heart Disease - HCM (Hypertrophic Cardiomyopathy)

The most common type of heart disease in cats is HCM, it is a heart disorder in which the left wall of the heart grows and thickens.

Hawthorn Berries - Modern research has proven hawthorn to be a valuable herb in the treatment of cardiovascular problems and promotes a healthy heart.

It causes more blood flow to reach the muscles of the heart.

Hawthorn can also help to reduce the incidence of angina, which is a spasm of the blood vessels and improve the smooth muscle walls of the rest of the circulatory system, improve blood pressure, improving circulation and treating symptoms of mild heart failure and reduces atherosclerosis.

Hawthorn works by widening blood vessels, especially heart blood vessels, which results in increased heart blood flow.

Dandelion Root - Research has shown that Dandelion works very well as a diuretic. Research in Germany shows that it helps to detoxify the system and stimulate the production of bile by the gallbladder.

Dandelion helps with water retention (edema), regulation of blood glucose, nausea, urinary tract infections, kidney and bladder stones, liver and gallbladder complaints, and loss of appetite.

Unlike prescription drugs, dandelion is a natural diuretic that increases urine production by promoting the excretion of salts and water from the kidney, without depleting the body of precious minerals.

It can also be used for pets with impaired kidney function.

Heart Circulatory System Benefits

The root of the dandelion makes mannitol, which is beneficial in the treatment of heart conditions such as high blood pressure as well as promoting healthy circulation.

Dandelion root also contains high levels of sodium that help balance electrolytes in the blood, uric acid levels and cholesterol levels.

Other Uses Include:

Detoxification

The root of the dandelion has a rich concentration of sodium, which can eliminate toxins that have been accumulated in the body.

Dandelion root works quickly to eliminate toxins from the body, by stimulating the kidneys.

This removes toxins, purifies the blood and replaces any potassium that was lost.

Skin Diseases and Infections

Dandelion root has numerous healing benefits to the skin, which includes cleansing and improving the skin's texture.

The root can also be used to treat skin conditions such as fungal infections, dermatitis, acne and migrant growths.

Gallbladder

Dandelion root is beneficial for strengthening the gallbladder.





Alternative Corner:

HERBS to treat Heart Disease

When taken on a regular basis, its root may prevent gallstones from forming in the gallbladder.

Its root is also beneficial for existing gallstones as it may help to aid in dissolving them, so they may be more easily eliminated out of the body.

Forms

You can use Hawthorn berry and Dandelion root in tincture form.

Purchase an herbal combination formula.

If you cannot find a combined product, you can buy a bottle of each tincture and mix them together yourself.

Dandelion root has a bitter taste so you will need to mask its flavor in an appealing treat. *Right after dosing, feed the animal a regular meal.*

WARNING!

Dandelion root increases the flow of bile, and should not be given to animals with an inflamed or infected gallbladder or blocked bile ducts.

Suggestions for Dosing - Hawthorne/Dandelion

Herbal Tincture

Under 3 lbs. 2 drops

3-10 lbs. 5 drops

11-20 lbs. 10 drops

21-150 lbs. 15 drops

151-250 lbs. 20 drops

251-300 lbs. 25 drops

Suggested Use

Administer the appropriate dose in number of drops as determined by the animal's weight. Given two to three times daily.

Frequency of Use

5 days on, 2 days off. This gives the body a chance to clear and work on its own.

Note

It is a good idea to introduce any herb slowly.

Begin with half the recommended dose then over a few days increase the amount accordingly.

This will allow your pet to adjust to the herb, while you monitor the results.

This way, there are fewer if any adverse effects, such as tummy upsets or loose stools.



Help for Congestive Heart Failure

Treatment for congestive heart failure involves various procedures and medications to help the heart pump more effectively.

In more severe cases, certain procedures such as tapping or thoracocentesis are performed to remove excess fluid from the chest as well as oxygen supplementation and surgery may be required.

Medications such as diuretics, enzyme inhibitors and drugs to prevent heartworm infection will be prescribed.

Your Vet may also recommend a special diet to reduce sodium (salt) intake to control fluid retention.

Although congestive heart failure cannot be cured, with proper treatment and management, your pet can continue to live a longer life.

Natural Remedies

Natural remedies such as herbal and homeopathic remedies can be on its own or as part of a broader treatment program for dogs and cats with heart problems.

Herbal and homeopathic remedies are safe and effective to use together with prescription medications without any side effects.

Crateagus Oxycantha (Hawthorne) is a well-respected herb containing cardiotonic and anti-oxidant properties that support artery health and strength.

Carefully selected homeopathic ingredients such as Arnica Montana, Kalium phosphate, and Calcium fluoride supports healthy blood pressure within the normal range and is excellent for the heart, circulatory and nervous systems.





Breed Corner: The Beautiful Burmese



How apt to publish this tribute to our warm, adventurous, fun-loving friend Ann Hosford in the Valentines issue of our Informer!

Everybody that met Ann either loved her dearly because of her straight-talk-no-nonsense attitude, or could not stand her due to it.

Either way - Ann couldn't care less and I can still hear her giggling about it!

She lived life with so much zest – that anyone that got to spend time with her was touched by her in a positive way.

In a little book of “kitten-wisdoms” by Helen Exley, I recently read the following bit that made me think of Ann.

“Kittens teach us humans’ wisdom:

- *To delight in the moment*
- *To find joy in little things*
- *To value love and home*
- *To enjoy adventure*
- *To face trouble bravely*
- *To know when to run away*
- *To avoid wasteful speculation*
- *But to deal with things as they occur*
- *To keep clean and neat in every situation”*

This short paragraph summed up Ann perfectly, but she will not only be missed because of the amazing woman she was, her passion for the Burmese breed drove her to exceed like no other could.

On 13 October 2001 the CFSA Lifetime Achievement was awarded to Ann and her Wedgwood Cattery for her 7 generations of Supreme Burmese.

In 1998 the first seven generations of

these Supreme Burmese were alive and well and entered into the Guinness Book of records that year.

Cameo died in 1998 but the arrival of Catafly made the tremendous feat to have seven generations of the same breed, bred under the same cattery name and living in the same household complete once again.

This achievement started under the old South African Cat Fancy and continued when the Cat Federation of Southern Africa was founded as a separate registration body in 1997.

In remembrance of Ann Hosford, the Hosford family initiated a special awards programme to further the Burmese breed in Southern Africa.

The aim of these awards is not only to encourage Burmese breeders and motivate Burmese exhibitors, but to enhance and develop the Burmese breed.

From 2014 the following special award categories will be announced at COTY:

- **Highest Placed Burmese Cat**
The incentive here is for breeders to enhance the quality of the breed, i.e. breed top quality Burmese.
- **Burmese cattery with highest representation on show**
Burmese cattery with most Burmese entries on show during the year - the cattery must be registered with CFSA. The incentive here is to increase the number of Burmese entries on show.

What a terrific idea! Thank you to the Hosford-family.

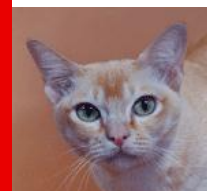
Ann, your legacy lives!



CFSA LIFETIME AWARD 2001



Wedgwood's Ivory Coral



Wedgwood's Ruby Chandra



Wedgwood's Ivory Starburst



Wedgwood's Ivory Zenane



Wedgwood's Ivory Champagne



Wedgwood's Ivory Farah



Wedgwood's Operetta

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OFFICIAL

CFSA Corner

CFSA ECO

After the AGM, held on 1 Feb'14,
we are proud to introduce the
CFSA EXCO for 2014:

"As long as you're going to be thinking anyway,

THINK BIG !"

– Donald Trump –



"Coming together is a beginning;

Keeping together is progress;

Working together is

SUCCESS !"

– Henry Ford –





SHOW RULE CHANGES

The rules of the organisation are guidelines explaining how to organise tasks and duties of the organisation and its members in a simple, transparent manner.

It is important to note that there are a number of reasons why show and registration rules are amended, namely:

- The method / administration / processing of tasks within show management have changed.
- The Removal of duplications in order to avoid confusion.
- To ensure contingency and clarity when members resign from their duties for whatever reason.

Any member of CFSA may submit proposals for changes through any of the departments.

These changes are then put together by the Secretary and deliberated on by the Executive Committee, club committees and judges forums who all give input to the decision to accept or reject such proposals.



CFSA Corner

Accepted Changes for 2014:

Change 1 and 14

It's been probably 5 years that no exhibitor has entered a cat in the bronze or silver classes, therefore these 2 classes were removed. Adult cats can be entered in open or gold class.

Change 2

More explicit rules regarding the duties of show managers and the show administrator to ensure the smooth processing of show entries/results before and after shows.

Change 3

There must be a CFSA Show representative present at all CFSA shows.

Change 4

Clarification around judges for shows – when, how many and who should be invited to all breeds championship shows.

Changes 5 to 9

Clear, detailed guidelines regarding tasks of the show administrator and all involved in show management.

Change 10 and 12

Bringing domestic pets' achievements in line with the general show status - calculation of pet titles has been changed in order to promote the Super Pet challenge.

The Pet of the Year finalists may also now add NQ (national qualifier) and NW (national winner) as a suffix to their names.

Change 11

The number of cats that can earn half points in any Best-in-Show line-up is now restricted to 12 (was 15 up to 2013). Past years' results showed lots of ties for positions 11 – 30, especially for kittens.

Changing to 12 cats will hopefully have the desired effect of reflecting the true 11 – 20 placings as it will mean to get there, require more placements in the top 12 in the line-up.

This will also mean bigger impact of all shows with smaller entry numbers such as KZNCC and the 1st shows in any season.

Change 13

Bringing the rule in line with current situation – there are no cards, ribbons or rosettes given for awards (ruby, gold, best-in-group, etc.)

Change 15

Travelling costs for COTY judges.

Change 16

Constitution change to allow CFSA affiliated breed groups to host shows under the auspices of a CFSA affiliated club.

Change 17

Very important for breeders as the health of kittens is of utmost importance to CFSA:

Clause 3.13:

Kittens must be house-trained, and not suffering from any signs of ill health, from upper respiratory infections with runny eyes and sneezing to skin infections. Any kitten that has been given a course of medication must have completed the medicine and had a follow up visit to the vet before being allowed to leave the breeders home.

Clause 3.14:

Breeders must undertake to ensure that their kittens have been given the foundation vaccinations at 8-9 and 12-13 weeks, and only allow them to leave their home 7 days after the completion of said vaccinations.



CFSA Corner

CATTERY RENEWAL INFORMATION

The 2014 renewal forms and information were sent to all members on 20 December 2014, so please check your e-mail!

Please note!

The deadline for Cattery Renewals have been extended to 31 March 2014

Registration fees for 2014 will remain unchanged, with the following exceptions:

- Transfer of a kitten/cat older than 6-months
⇒R 35-00
- Breeder contact details on CFSA web site
⇒R 75-00
- Cattery re-activation fee
⇒R150-00

ONLY EFT payments will be accepted!



EFT PAYMENTS

NOTIFICATION OF "GENERAL CAT COURSE"

To all interested parties:

NCJE is going to be holding a General Course on Cats again this year.

It will be held on April 5th 2014.

For all those people who are considering the possibility of becoming a CFSA judge, or anyone who would just like a more in depth look at our feline friends, you are invited to join us at the general course.

Time and venue will be decided on closer to the time.

The cost of the course will be R300.00 per person.

Please confirm your attendance with June Stafford by email to

june.stafford2@yahoo.com



* SPECIAL OFFER *

CFSA is offering white steel cages (previously used at shows) for sale.

The price per cage is R50-00, which is (pardon the pun) a real "steal".

Kindly forward inquiries to cfsasec@gmail.com

Here are some photos of the cages, just to refresh your memory:





CFSA Corner

BREAKING NEWS!!!



PLEASE NOTE
the date for
COTY 2014
has CHANGED!



COTY 2014 will take
place on
20 SEPTEMBER 2014



September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



HOT
OFF THE PRESS



WATCH THIS SPACE!

EXCITING NEWS: For the first time
ever Exhibitors will be involved in a
COTY Theme !!!

More information to follow in the
next INFORMER.

... some clues for now ...

1. We all grew up on it
2. Kids love it
3. We all need it
4. It's fun
5. It's mythical

6. There's been many books
written about it

7. There's been many movies
about it





CFSA Corner



The first show is just around the corner! So it's time to dust off the grooming utensils!

To Do List:



- Disinfect combs
- Disinfect brushes
- Unpack show tents / carriers



- Disinfect show tents / carriers
- Unpack bedding /blankets for lining show tents
- Wash & disinfect bedding / blankets for lining show tents
- Disinfect travel carriers
- Start double-timing the frequency with which you clean eyes
- Start testing out "show bath recipes on the cats you've entered to determine the



best shampoo, conditioning ritual ... determine how each coat type should be prepared for optimum show presentation.

- Make sure you still have enough of everything you normally pack in your show bag, and please check the expiry dates!

Shopping List:



- Show groom shampoo
- Show groom conditioner
- Degreasing shampoo
- Buy / replace anything you normally take with you to a show, that has expired or are almost depleted.

GOOD LUCK to our Exhibitors for the 2014 show season!

We'll see you soon!





The next INFORMER will be an
EASTER Issue!

Please send us your contributions to
cfsainfo@gmail.com



SERIOUS CORNER

The STRAIGHT-TALKERS
are currently still on “holiday”,
but they will be back shortly with more
SERIOUS CORNER articles.

Happy Valentines!

