

How Old is Your Cat in People Years?

The health of your cat can change drastically with age

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Beginning at around [age 9](#), your cat enters senior years. At this stage, cats often begin to develop [diseases](#) common to their senior-human counterparts, such as [diabetes](#), [heart disease](#), [hyperthyroidism](#), [kidney disease](#) and [cancer](#). In fact, one out of 10 pets that appears healthy, has an underlying disease.

First, identify your cat's real age using this chart. Then, discuss ways to keep your pet healthy with your [veterinarian](#). [[Find out what to expect from a senior cat checkup](#)]

How old is your cat in people years?

[Download Chart](#)

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Reference:

1. Rehm M. Seeing double. *Veterinary Economics*. 2007;48(10):40-48.

Chart courtesy of Fred L. Metzger, DVM, DABVP. The above ages are intended as general guidelines only. Be sure to ask

your veterinarian at what age she or he would consider your

pet a senior or geriatric.

If you have any questions or concerns, you should always visit or call your veterinarian – they are your best resource to ensure the health and well-being of your pets.