

# The health of your pet can change rapidly as he or she ages.



Beginning at around age seven, your pet enters his or her senior years. At this stage, pets often begin to develop diseases common to their senior human counterparts, such as diabetes, heart disease, thyroid disease, and cancer. In fact, one out of 10 pets that appears healthy has an underlying disease.<sup>1</sup>

First, identify your pet's real age using this chart. Then, we'll discuss ways to keep your pet healthy.

## How old is your pet in people years?

**Cats**

age	weight	
	0-20	
1	7	
2	13	
3	20	
4	26	
5	33	
6	40	
7	44	
8	48	
9	52	
10	56	
11	60	
12	64	
13	68	
14	72	
15	76	
16	80	
17	84	
18	88	
19	92	
20	96	
21	100	
22	104	
23	108	
24	112	
25	116	

Color Key ■ Adult ■ Senior ■ Geriatric

**Dogs**

age	weight			
	0-20	20-50	50-90	>90
1	7	7	8	9
2	13	14	16	18
3	20	21	24	26
4	26	27	31	34
5	33	34	38	41
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	131
18	88	96	109	139
19	92	101	115	
20	96	105	120	
21	100	109	126	
22	104	113	130	
23	108	117		
24	112	120		
25	116	124		

Charts courtesy of Fred L. Metzger, DVM, DABVP

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

