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Stress and Welfare

How Stress is Sabotaging Your Cat Adoption Efforts

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Agenda

- What is Stress?
- Stress and…
  - Disease
  - Welfare
- Identifying Stress and Poor Welfare
- Stress and Adoptions

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Stress Impacts Adoptions

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Stress and Dis-ease

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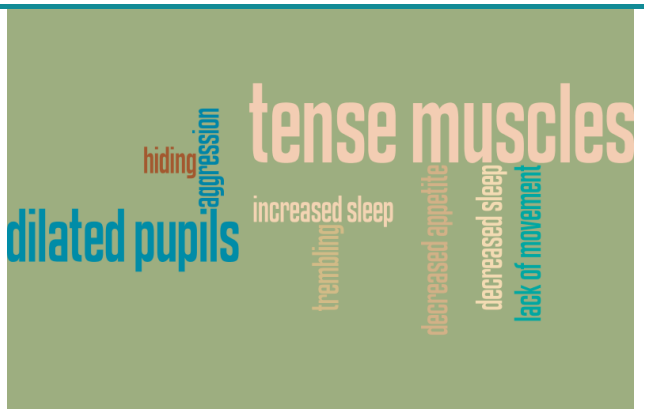
What is Stress?



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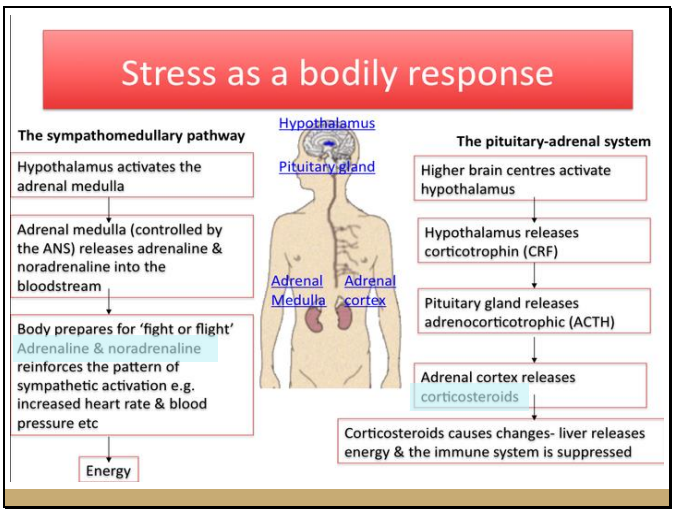
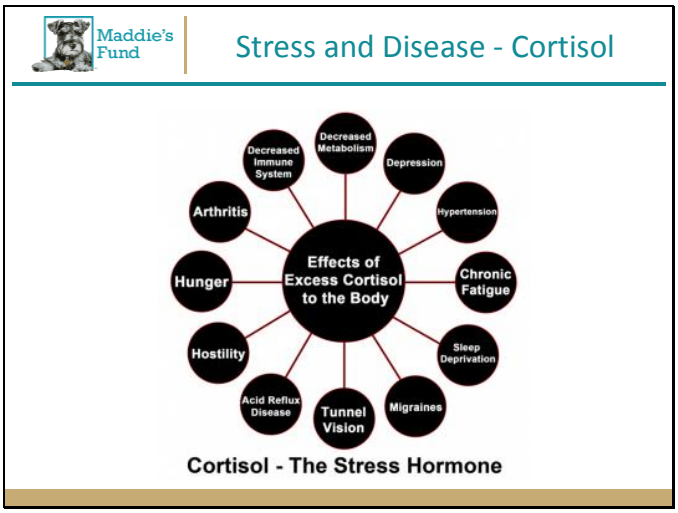
Stress Response

Fight … Flight ... Freeze ... Fidget


Stress as a bodily response
The sympathomedullary pathway
Hypothalamus activates the adrenal medulla
Adrenal medulla (controlled by the ANS) releases adrenaline & noradrenaline into the bloodstream
Body prepares for 'fight or flight'
Adrenaline & noradrenaline reinforces the pattern of sympathetic activation e.g. increased heart rate & blood pressure etc
Energy
Hypothalamus
Pituitary gland
Adrenal Medulla
Adrenal cortex
The pituitary-adrenal system
Higher brain centres activate hypothalamus
Hypothalamus releases corticotrophin (CRF)
Pituitary gland releases adrenocorticotrophic (ACTH)
Adrenal cortex releases corticosteroids
Corticosteroids causes changes- liver releases energy & the immune system is suppressed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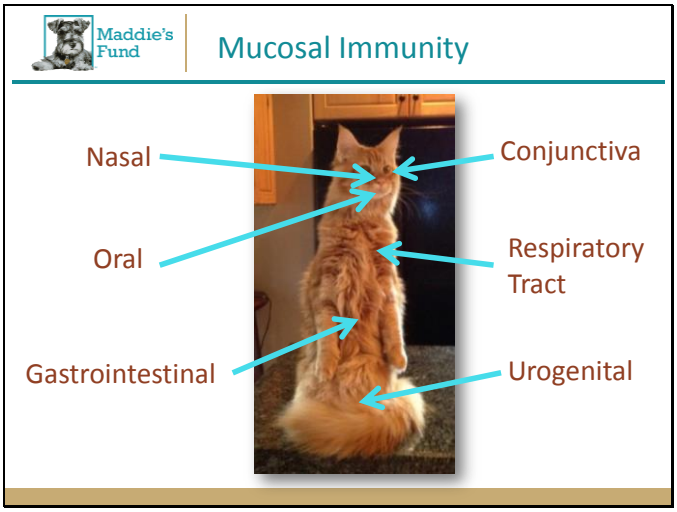
Stress and Disease - Cortisol
Effects of Excess Cortisol to the Body
Decreased Metabolism
Depression
Hypertension
Chronic Fatigue
Sleep Deprivation
Migraines
Tunnel Vision
Acid Reflux Disease
Hostility
Hunger
Arthritis
Decreased Immune System
Cortisol - The Stress Hormone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Mucosal Immunity
Nasal
Oral
Gastrointestinal
Conjunctiva
Respiratory Tract
Urogenital

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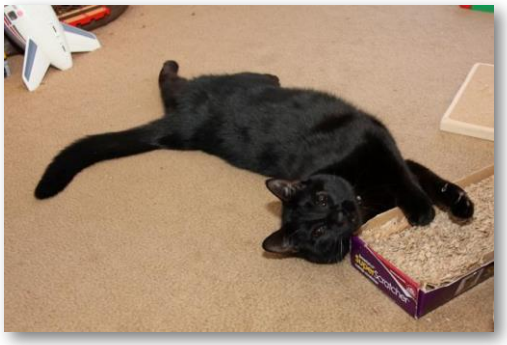
IgA



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URI and Stress

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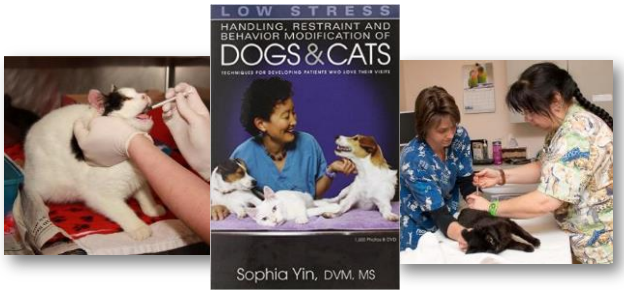
Disease and Stress



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Stress and Welfare

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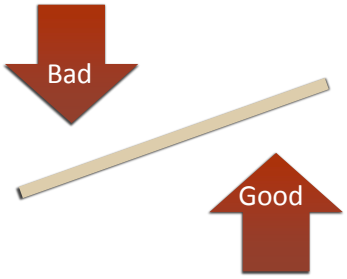
Welfare

Balance between positive and negative experiences



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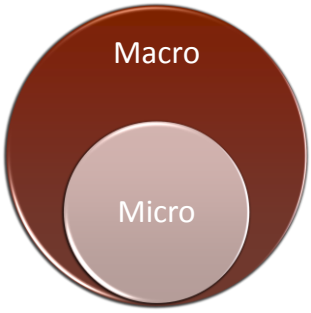
Stress Factors



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Micro Factors

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Macro Factors

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Environmental Influence

Environmental Influence

People and Stress…

Assessing Welfare

What is Important?

Health?

Adoption?

Safety?

Comfort?

Happiness?

Life?

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Identifying Stress and Poor Welfare

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Stress Affects Behavior

There is no 'if,' there is only 'how'

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Personality

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Environmental Factors

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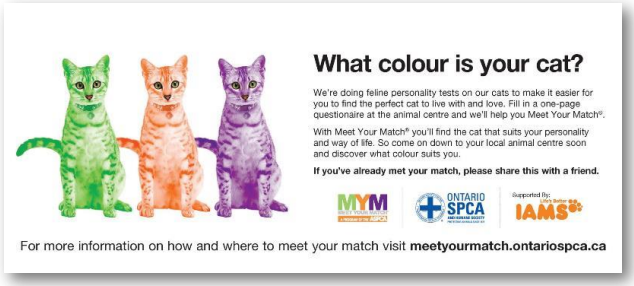
Stress and Behavior Assessment



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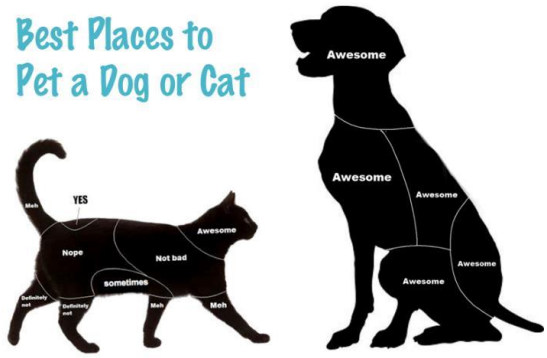
Stress and Handling



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Simple Parameters Can Help Us To Evaluate Stress

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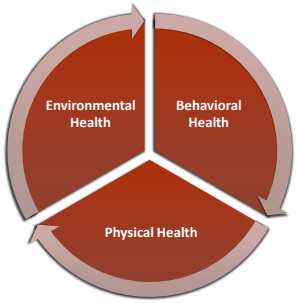
Welfare Assessment

Evaluating a Population of Cats



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What Can We Do to Help?

- Basic care
- Structured environment/routine
- Reduce noise
- Enrichment
- Foster care
- Adoption!!!
- Medication

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Stress is Sabotaging Cat Adoptions

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Thank You!

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