

SEPARATION ANXIETY



WHAT DOES SEPARATION ANXIETY LOOK LIKE?

Separation anxiety can occur in any pet when they are separated from their owners. This is true for cats, and it certainly is true for dogs. Cats and dogs that suffer from separation anxiety can exhibit a variety of symptoms and behaviors – many of them destructive. There are several steps pet owners can take to alleviate the problem and help keep intact a strong human-animal bond.

SIGNS OF SEPARATION ANXIETY

Concerning behaviors are conducted in excess or unordinary circumstances

- Meowing or barking
- Drooling, panting, pacing
- Urination and defecation
- Vomiting and diarrhea
- Destruction of furniture, walls, toys, etc.
- Breaking out of crate or home

SEE YOUR VETERINARIAN

If your pet exhibits any of the above symptoms, your first step should be to consult your veterinarian to rule out any underlying medical problems. At West Loop Veterinary Care, our veterinarians can help you create a treatment plan to address separation anxiety.

POSSIBLE RECOMMENDATIONS

For severe cases where self-injury and destruction are concerns, some veterinarians may recommend:

- ⊕ At-Home Exercises
- ⊕ Petsitting
- ⊕ Boarding/Day Care Service
- ⊕ Natural Pheromones
- ⊕ Medication
- ⊕ Behavioral Training



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MAKE ALONE TIME ENJOYABLE

DON'T make a fuss when you leave your home, instead, give them a treat.

DON'T leave them loose in your home if they can be destructive. Consider crate training for dogs and catnip for cats.

DO make it easier for them to fall asleep by taking your dog for a long walk or engage in playtime with your cat.

DO leave them with high-value treats such as peanut butter, unsweetened apple sauce, or canned pumpkin in a kong or lick mat.



BEHAVIORAL THERAPY

The most crucial part of achieving long-term success with separation anxiety will be behavioral therapy. Once diagnosed by a veterinarian, our team will refer you to a veterinary behavioral specialist who will work on a training plan with you, and may even be able to come to your home to practice identifying and reinforcing behaviors.

MEDICATIONS AND SUPPLEMENTS

For some animals, combining therapy with medications and supplements can improve their separation anxiety. Your veterinarian may recommend a combination of medications or natural supplements on a case-by-case basis.

Talk to us about how a behavioral consultation could benefit your pet's condition!



VETERINARY CARE

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