



# What to Watch, and When to Call

PETSLIKEMINE  
HEART HEALTH

Spot a heart pet going downhill early, and act in time

PET NAME	CONDITION	VET PRACTICE	OUT-OF-HOURS
_____	_____	_____	_____

A heart pet can be stable for a long time, then change over a day or two. Knowing the early signs, and the red-line ones, lets you act while it is still a phone call rather than a crisis.

## EARLY SIGNS, WORTH A CALL SOON

- Resting or sleeping breathing rate creeping up (see the log)
- A new or worsening cough, or coughing at night (dogs)
- Tiring more easily, lagging on walks, less keen to play
- Restless or unsettled at night, reluctant to lie flat
- Eating less, or a sudden change in weight

## GO TO THE VET NOW IF

Breathing is fast and laboured at rest, with heaving sides or open-mouth breathing (cats almost never breathe open-mouthed unless in real trouble); the gums or tongue look blue, grey or very pale; a collapse or faint; or, in cats, sudden crying with cold, painful, paralysed back legs. These are emergencies. Phone ahead and go.

## KEEP TO HAND

Day practice: [phone] . Out-of-hours: [phone] . Their usual resting breaths a minute: [baseline] .

*Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.*

**How to use.** Learn the early signs and check the breathing rate when something feels off. The red-line signs mean go now, not in the morning. Trust your instinct.

**LABOURED BREATHING AT REST IS AN EMERGENCY**