



When to measure systolic blood pressure?

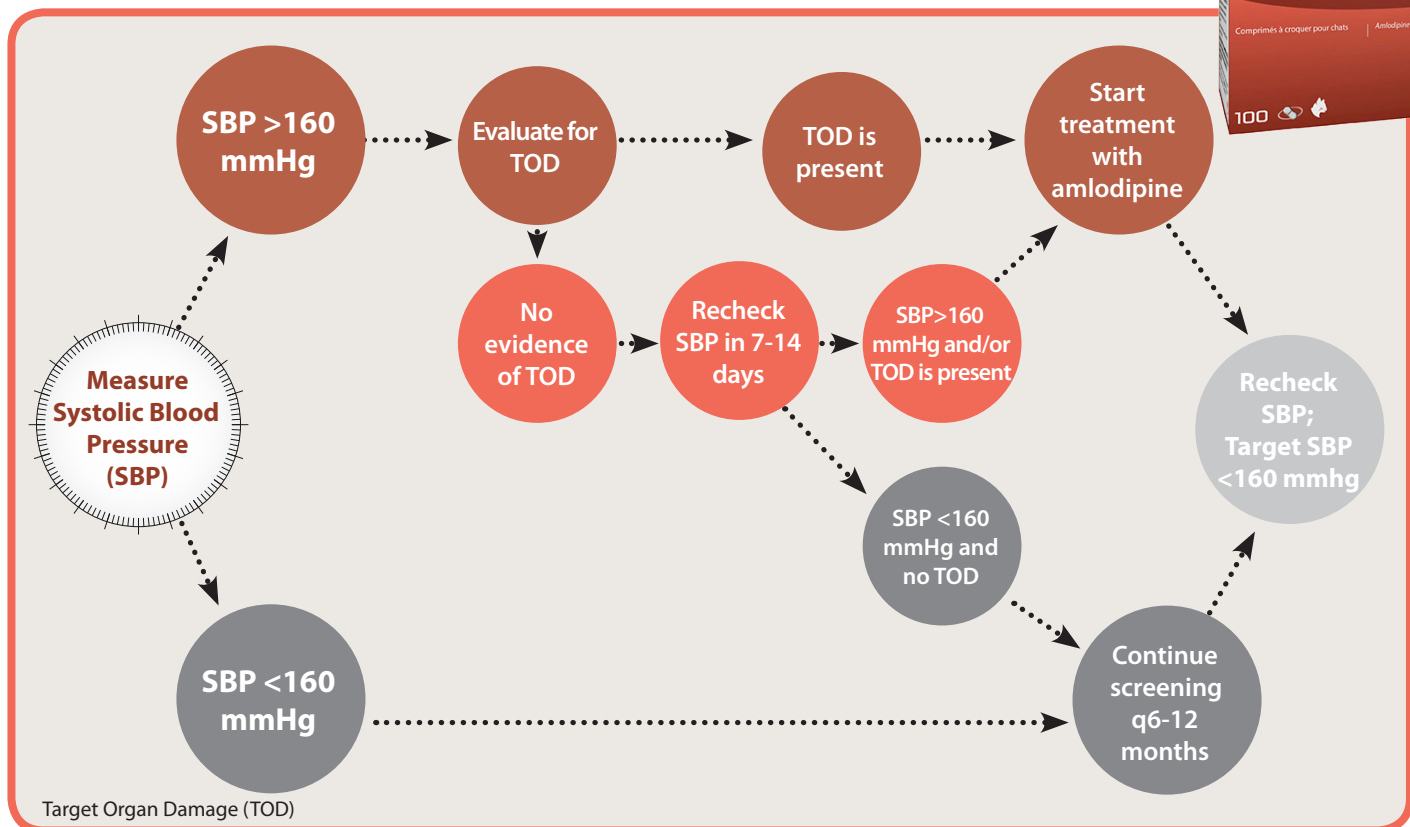
Cats at high risk of systemic hypertension:

- > **7 years old**; risk increases with age so screening every 6-12 months is important from this age.
- Presenting with **Target Organ Damage (TOD)** affecting the;
 - Eye** (e.g. sudden onset blindness, hyphaema, retinal haemorrhage or detachment)
 - Kidney** (e.g. proteinuria)
 - Heart** (e.g. left ventricular hypertrophy, murmurs, gallop heart sounds)
 - Central nervous system** (e.g. behavioural change, seizures, stupor, depression)
- Presenting with **commonly associated conditions**;
 - Chronic kidney disease**; approximately 30% - 60% of cases^{1,2}
 - Hyperthyroidism**; approximately 10% at diagnosis³ and 20% after treatment⁴ so it is important to check SBP at diagnosis and continually after treatment as well.

ISFM recommendations for screening blood pressure⁵

- Healthy adult cats (3–6 years of age)**; Consider every 12 months
Goal is to obtain **baseline normal SBP**.
If SBP > 160 mmHg (exceptionally rare in this group) it is most likely white coat hypertension.
- Healthy senior cats (7–10 years of age)**; At least every 12 months
- Healthy geriatric cats (≥11 years of age)**; At least every 6–12 months

How to diagnose systemic hypertension?



For more information on Feline Hypertension by Rosanne E Jepson, please go to our website www.vetintermed.ceva.com





➤ Which cats are at risk of Target Organ Damage (TOD)?

Use the ACVIM Consensus blood pressure categories to assess risk of TOD and when to start anti-hypertensive treatment.^{6,7,8}

Category	Systolic blood pressure	Risk of target organ damage (TOD)
Normotensive	<140 mmHg	Minimal
Pre-Hypertensive	140-159 mmHg	Mild
Hypertension	160-179 mmHg	Moderate
Severe hypertension	>180 mmHg	Severe

➤ How to overcome situational (white coat) hypertension

Situational hypertension (previously termed white coat hypertension) is an increase in SBP due to stress and anxiety in the clinical environment. If a cat is young and/or does not have an underlying condition that could predispose to systemic hypertension, always make sure you rule out situational hypertension by repeating SBP assessment on ≥ 2 occasions (one week apart). Situational hypertension does not require treatment.

Acclimatisation can help to **reduce the risk of situational hypertension**:

- 🐾 allow cats 5-10 minutes to explore the consultation room
- 🐾 measure SBP in a quiet environment
- 🐾 allow the cat to adopt its preferred position
- 🐾 consider using **FELIWAY** to help the cat cope with the unknown environment

ROSANNE's golden rules

Target for SBP is at least <160 mmHg and ideally < 140 mmHg to reduce the risk of on-going TOD to mild or minimal. The goal of treatment is a slow, persistent reduction in SBP.

Check the **correct sized cuff** is used for every cat. As a general rule for limb/tail;

- < 7.5 cm circumference for **size 2** cuff
- > 7.5 cm circumference for **size 3** cuff

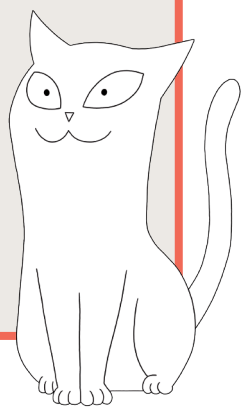
Re-examination within 7-14 days unless the cat presents with:

- Hypertensive encephalopathy - hospitalise for careful monitoring of SBP
- Hypertensive ocular TOD - re-examine 2-7 days after starting amlodipine

If SBP is **still > 160 mmHg, check compliance** and **consider dose increase** then:

- Recheck q7-14 days until target SBP <160 mmHg is achieved
- If SBP is difficult to control and the maximum dose of amlodipine has been reached, a second drug may be needed

Once target SBP has been achieved cats should be re-examined and SBP **checked every 3-4 months** or if there is a change in clinical status.



¹Syme et al (2002) JAVMA 220:1799-804, ²Stiles et al (1994) JAAHA 30:564-570, ³William et al (2010) JVIM 24:863-869, ⁴Morrow et al (2009) JVIM 23:699 (Abstract), ⁵Taylor et al (2017) JFMS 19:288-303, ⁶Brown et al (2007) JVIM 21:542-558, ⁷www.iris-kidney.com ⁸Acierno (2017) ACVIM forum, Washington, USA

Amodip® 1.25mg chewable tablets for cats - ACTIVE SUBSTANCE: Amlodipine 1.25 mg (Equivalent to 1.73 mg of amlodipine besylate). Chewable tablet. Oblong in shape, score line on one side, beige to light brown tablets. Tablets can be divided into two equal parts. **INDICATIONS FOR USE:** Amodip® is intended for the treatment of systemic hypertension in cats. **CONTRAINDICATIONS:** Do not use in the case of cardiogenic shock and severe aortic stenosis. Do not use in cases of severe hepatic failure. Do not use in cases of known hypersensitivity to the active substance or to any of the excipients. **ADVERSE REACTIONS:** Mild and transient emesis was a very common adverse event in the clinical trial (13%). Common adverse events were mild and transient digestive tract disorders (e.g. anorexia or diarrhoea), lethargy and dehydration. At the dose of 0.25 mg/kg, mild hyperplastic gingivitis with some enlargement of submandibular lymph nodes has been very commonly observed in healthy young adult cats but not in the clinical trial with older hypertensive cats. This does not usually require stopping the treatment. **USE DURING PREGNANCY, LACTATION OR LAY:** There has been no evidence of teratogenicity or reproductive toxicity in rodent studies. The safety of amlodipine has not been established during pregnancy or lactation in cats. Use of the product should be only based on a benefit-risk assessment by the attending veterinarian. For further information on contraindications, warnings and side effects, always read the SPC before use. Use Medicines Responsibly. **LEGAL CATEGORY:** POM-V UK POM IE.

