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# Cat Age

Aging in cats is the process by which catschange over the course of their natural lifespans. As cats senesce, they undergo predictable changes in health and behavior. Dental disease and loss of olfaction are common as cats age, affecting eating habits. Arthritis and sarcopenia are also common in older cats. How a cat's health is affected by aging may be managed through modifications in a cat's diet, accessibility adjustments, and cognitive stimulation.

For their size, cats live quite a long time. Generally an animal's longevity is proportional to its size (with the exception of tortoises, man and a few other animals), cats can live up to around an average 12-15 years on average (which can range over), and this equates to about 64-76 years in human years.[1][2]

A mouse has a short lifespan, a rabbit somewhat longer and a dog between 7 and 20 years [3] depending on its breed or size, its activity, or both. Cats aren't much bigger than rabbits, but whereas the rabbit may live about 8 years a cat will live on average about 12–14 years, and it's not unusual for cats to reach their late teens or even their early 20s. In fact, "Creme Puff" From Texas lived to be 38. [4][5]

## Cat's 6 life stages[]

* Kitten – 0–6 months - A period when the young cat is growing rapidly and is usually not quite sexually mature.
* Junior – 6 months-2 years - During this time the cat reaches full size and learns about life and how to survive it.
* Prime – 3–6 years - The cat is mature physically and behaviorally, and is still usually healthy and active, looking sleek and shiny and making the best of life.
* Mature – 7–10 years - The cat is what we call 'Mature', equivalent to humans in their mid-40s to mid-50s.
* Senior - 11–14 years - Takes the cat up to the equivalent of about 70 human years.
* Geriatric - 15 years and over - Many cats reach this stage, some not showing any signs of being geriatric at all!

## Cat age table[]

## References[]