

Is My Pet in Pain?

Family Matters

One of the hardest parts of being a pet guardian is knowing when your pet is in pain. Unlike us, dogs and cats can't tell us where it hurts or how severe it is. In fact, many animals instinctively hide pain because, in the wild, showing weakness could make them vulnerable.

At Amity, we believe one of the greatest skills a pet guardian can develop is recognising the subtle signs that something isn't right. **The earlier pain is recognised, the sooner we can help.**

Pain Doesn't Always Look Like Pain

Many people imagine a painful pet crying out or limping dramatically. While this certainly happens, pain is often much more subtle.

Your pet may simply:

- Sleep more than usual.
- Become quieter or withdrawn.
- Stop jumping onto the sofa.
- Be reluctant to climb stairs.
- Walk more slowly.
- Eat less.
- Groom less—or sometimes groom one area excessively.
- Become grumpy or less tolerant.
- Hide away more than normal.
- No longer seem interested in playing.

These changes are easy to dismiss as "just getting older," but they are often your pet's way of asking for help.

Trust Your Instincts

You know your pet better than anyone else.

If you find yourself saying:

"He's just not himself."

or

"Something doesn't seem quite right."

it's worth listening to that instinct.

You don't need to know what's wrong—that's our job. Your job is simply to notice when something has changed.

Pain Is More Than Broken Bones

Pain doesn't only come from injuries.

It can be caused by:

- Arthritis.
- Dental disease.
- Ear infections.
- Bladder problems.
- Skin disease.
- Heart disease.
- Cancer.
- Digestive disorders.
- Many other medical conditions.

Some of these develop slowly, meaning your pet adapts gradually and hides the problem remarkably well.

Don't Wait for It to Get Worse

One of the biggest misconceptions is that if a pet is still eating or wagging their tail, they can't be in pain.

The reality is that many painful pets continue eating, playing and greeting their families. They simply carry on because that's what animals do.

The earlier pain is recognised, the more treatment options are often available and the better your pet's quality of life can be.

You're Never Wasting Our Time

Many guardians worry they'll be "making a fuss" if it turns out nothing is wrong.

Please don't.

We would always rather examine a happy, healthy pet than see one who has been quietly suffering for weeks.

At Amity, **unlimited health checks are included with our Amity Essential Membership**, so if you're ever concerned that your pet may be uncomfortable or simply "not themselves," we encourage you to bring them in. Sometimes all you need is reassurance. Sometimes we identify something early that makes a significant difference.

The Greatest Gift Is Paying Attention

Your pet may never tell you they're in pain, but they'll often show you—if you know where to look.

By noticing small changes, asking questions and seeking advice early, you're giving your pet the very best chance of living a longer, healthier and happier life.

Because they're not just your pet.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.