



## Do Cats Sweat? Everything You Need to Know About Cat Sweating

Do cats sweat? Sweating sounds like an unlikely bodily function for a feline — after all, the popular image of cats is all about their fluffy, fur ball appeal, not a creature excreting buckets of sweat — but cats do indeed sweat. Although it's not quite in the way you might expect ...



**How do cats sweat? And why do cats sweat?** When cats sweat, they don't do so through their armpits — or, well, the bits that join the front and back legs to the body, but through their paws. Unlike us humans, who rely on eccrine sweat glands all over our bodies to let us literally sweat it out, it's a cat's paw pads that contain their vital sweat glands. So, cats sweat through their paws. During exceptionally hot weather, you might notice your cat leaving a small trail of tiny wet paw prints as she leisurely sashays around. This is cat sweating in full flow.

While cat sweating usually occurs when the temperature rises, it can also happen as a bodily reaction to times of high anxiety or great stress. When your cat visits the vet, and becomes nervous or scared, she may leave small wet patches on the examining table. Those aren't patches of pee, they're droplets of sweat.

**Aside from sweating, how else do cats combat high temperatures?** Cat sweating carries out the same function as

when us humans and dogs sweat — to help regulate body temperature during hot times. But because cats sweat through their paws, and because those paws don't make up much of a percentage of the cat's overall body area, our feline friends have been required to supplement their paw sweats with other tactics to battle the heat. This is what cats will often seek out shadowy nooks and shady spots during blistering-hot weather. It's an instinct that comes from learning to combat the heat the best way they can. While we love to joke about feline kind's inherent lazy streak — what with them being quite content to nap for 18 hours a day — staying still while in a shaded spot or against a cool tile floor actually means they're not expending energy which would contribute to raising their overall body temperature. Smart tactic.

## Cat NAPS Corner July 2018

### **Do Cats Sweat? Everything You Need to Know About Cat Sweating, continued**

**Do cats pant? How else do cats keep themselves cool?** When it's hot, you'll likely see dogs panting. This is a technique that facilitates the evaporation of moisture on the tongue, lungs and mouth. But cat panting is actually not normal. If you notice your cat panting during hot weather, there's a chance she might be overheating. In that case, it is suggested taking steps to help her cool down — like moving her to a shady spot, pointing a fan in her direction and ensuring that she drinks water. If the panting continues, bring your cat to a vet to get her properly checked out, including investigating whether "the panting is related to fear, anxiety, pain or an acid-base problem."

Instead of panting, cats favor a far more refined supplementary tactic to cool themselves down. Along with sweating through their paws, you might notice your cat appearing to groom herself more frequently during the humid months. Nope, she's not being vain: She does this because as the saliva evaporates, it wicks away some of her bodily heat. Another savvy heat management tactic.

**A final word on cat sweating.** So, not only are cats one of the world's most magnificent creatures, they also sweat in a quirky fashion. Although none of this explains why some felines do that weird thing of liking to lick human sweat off you during the sticky summer months ...

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## **WAY TO GO GIRL SCOUT TROOP #41654!!!**

About a year or so ago, Girl Scout Troop #41654 visited the Pet Valu in Royersford where we had a couple of older kittens residing and eagerly waiting to be adopted. Volunteer David Fritz and myself met with the girls and talked about what we know best, cats! The girls asked great questions and, played with the kittens. After learning about our little cat rescue, the girls decided that they wanted to earn their Bronze Award by doing a project to benefit Cat NAPS.

Over the past year these young, talented, and determined girls made and sold cat beds and cat toys. You may have even purchased one of the homemade beds and/or toys from them while they were with us at a fundraiser. They raised enough money, made some more beds & toys, gathered items such as food & treats, and assembled 20 Adoption Kits for Cat NAPS to give to new cat / kitten owners. Not only did they raise enough money to make these kits, they have also donated 3 of their homemade cat beds, and made a monetary donation to us!

All of us at Cat NAPS are thrilled that 20 new cat / kitten adopters will receive these kits thanks to these dedicated girl scouts! The girls that participated in this project and pictured on the next page are Olivia Sanserverino, Grace McLaughlin, Natelie Remo, and Cassy Olenstroszki. These girls under the guidance of their Troop Leader, Britnee Sanserverino, did an outstanding job! Thank you!!!

The adopted cats and kittens will enjoy their beds and toys in their new forever homes! The Adopters and all of us at Cat NAPS appreciate and congratulate you for successfully completing this project and earning your Bronze Award!

**WAY TO GO!!!!**

*~Beth Scherer, Secretary, Cat NAPS of Pottstown, Inc.*

Cat NAPS Corner  
July 2018





**\*\*\*\*\*ADOPTION  
SPOTLIGHT\*\*\*\*\*  
Meet Ginny and Willow**



Ginny (pictured left) and Willow (pictured below) were recently returned to us by an adopter who, sadly, endured tragic circumstances in the past year. She became the sole caretaker of her mother who suffers from Alzheimer's. They had to move recently to a place more suitable for the mother, but, doesn't permit pets.

While we'd love to have this bonded pair adopted together, we realize that just may not be possible. They are truly awesome adult cats who are sweet. Ginny is approaching her 6th birthday. She was trapped as part of a Trap, Neuter, Release (TNR) by one of our volunteers. Willow, who just celebrated her 4th birthday, was also part of a TNR when we trapped her as a tiny kitten in 2014. Who is ready to give these two, loving cats another chance at a forever home?



Email [notallperfectstrays@yahoo.com](mailto:notallperfectstrays@yahoo.com) for an Application to Adopt!

**\*\*\*\*\*ADOPTION SPOTLIGHT UPDATE\*\*\*\*\***

**\*\*Cassidy and Mikey were adopted! \*\***

**\*\*Liam is still available and French Creek Vet is sponsoring his adoption! \*\***

**Cat NAPS Corner**  
**July 2018**

**Hey FaceBook members!**

**Have you received your message about having a Birthday Fundraiser? If you have your birthdate as part of your profile, about 30 days prior to your big day, FB sends a message about having a fundraiser for your favorite non-profit.**

**It's easy to set up and what a perfect way for your friends and family to honor you! Naturally, we're hoping you choose Cat NAPS of Pottstown, Inc.!**

**Ways you can continue to help Cat NAPS of Pottstown, Inc.**

**Cat NAPS is part of the Redner's receipt program. Save your Redner's receipts for us! If you don't have a Redner's card, visit their Customer Service Desk!**

**Mail your receipts to:**

**[Cat NAPS of Pottstown, Inc.; PO Box 453, Gilbertsville, PA 19525](#)**

**We're also part of the Smile Amazon program! If you shop on Amazon, just go to [Smile.Amazon.com](#) to make your purchases and choose Cat NAPS of Pottstown, Inc. as your charity!**

**Good Shop donates to Cat NAPS. Visit our website for more details.**

**EVENTS and WEBSITE:**

**L☺☺K for updated Events on our Website and on our Facebook page**

**[www.catnapsofpottstown.org](http://www.catnapsofpottstown.org)**

**[www.facebook.com/catnapsofpottstown](http://www.facebook.com/catnapsofpottstown)**

**UPCOMING EVENTS**

**Saturday, September 15<sup>th</sup>**

**9am - 3pm**

**POTTSTOWN PET FAIR**

**Memorial Park, Pottstown**

**Saturday, September 29<sup>th</sup>**

**FALL FEST**

**Ringing Rocks Picnic Pavilion, Pottstown**

***RESERVE YOUR TICKETS NOW! \$15 / Ticket***

**Chicken BBQ - Eat in or Take Out**

**Homemade Baked Goods**

**[catnapsofpottstown@aol.com](mailto:catnapsofpottstown@aol.com) or 610-326-4883**

**More Details Forthcoming!**