

Essential Oils

CAT
SERIES

Nebulizers and ultrasonic diffusers actually put oil particles in the air, which are not only breathed in and can lead to respiratory symptoms but also collect on the cat's fur and are absorbed directly through the skin or ingested when they groom, leading to greater chance of toxicity.



Oils Poisonous to Cats especially if over-used or at high doses:

CITRUS

lemon *lime* orange
grape-fruit bergamot

Savory *cinnamon*

clove *thyme*

oregano rosemary

PINE *fir* *cypress*

juniper *spruce* birch

camphor *wintergreen*

peppermint

eucalyptus

tea tree oil

What are essential oils?

They are volatile, organic constituents of plants, or synthetically made, that offer fragrance and taste. Used in aromatherapy, personal care, as flavourings, herbal remedies, and even insecticides, they are known for their therapeutic properties. Depending on their intended use, essential oils are quickly absorbed through the mouth, skin, and delicate lining of the lungs.

How are cats exposed?

Scent is spread by diffusion via heat, reed or wick, in or on personal effects, or by fan. These methods can cause respiratory irritation to cats:

- watery eyes or nose
- a burning sensation in throat or nose
- nausea, drooling or loss of appetite
- difficulty breathing
- coughing or wheezing (often mistaken as a hairball)

Toxic additives and components commonly found in Essential Oils:

- Phenols and phenolic compounds
- Benzene, Benzyl alcohol
- Terpeneol and Pinene (found in over 400 essential oils, including Pine-sol)

New and popular uses of oils are with nebulizer and ultrasonic diffusers which put cats at even greater risk of toxicity:

- skin rash or sloughing
- vomiting and poor appetite
- seizures, drooling, tremors, or unsteady/drunken gait
- lethargy, low heart rate or body temperature
- liver failure,
- and potentially death

Are they all bad? not all oils are created equally. Grades and quality can vary greatly, from synthetic and altered oils to pure and natural ones. Lesser oils are akin to spraying perfume on your cat and wondering why they aren't feeling well, while higher grades may contain higher concentration of pure oils that are truly toxic to our beloved companions.

At the end of the day, will the oil producer back up their claims and promised quality? If they say you can use an oil with your cat, and you experience a toxic reaction, is that company truly held accountable?

If not, use with caution.

DID YOU KNOW?

Cats lack a liver enzyme, making them very sensitive to certain toxins, including many of those found in essential oils.



Final thoughts: There is no general consensus among veterinarians regarding the safety of essential oils. Should you choose to use them, do so with care and caution, for short and infrequent periods, in well-ventilated areas and most importantly, never apply directly to your cat.

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in honour of the Barbe clowder



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