

Understanding Cat Litter: What It Reveals About Your Cat's Health



Weifang, Shandong Jul 21, 2026 ([Issuewire.com](https://www.issuewire.com)) - 1. Urinary Health Warning Signs

- **Larger or more frequent urine clumps:** An increase in the size or number of urine clumps may be an early sign of diabetes or kidney disease.
- **Small clumps or frequent trips to the litter box:** If your cat repeatedly visits the litter box but produces only tiny clumps, it could indicate urinary stones, cystitis, or a urinary tract infection.
- **Strong-smelling urine:** An unusually pungent odor may be linked to dehydration or dietary issues.

2. Stress and Environmental Changes

- **Spending too much time in the litter box:** Cats that stay in the litter box without eliminating or repeatedly dig through the litter may be feeling stressed or anxious. This behavior is often seen after moving to a new home or when a new family member or pet is introduced.
- **Urinating outside the litter box:** House-soiling isn't always a behavioral problem. It may be caused by painful urinary conditions, or it could mean your cat is unhappy with the litter box location, the type of litter, or the number of litter boxes available.

3. Litter Quality and Cleanliness

- **Excessive dust:** Low-quality litter, especially some clay-based products, can produce excessive dust that may trigger sneezing, watery eyes, allergies, or even worsen respiratory conditions such as feline asthma.
- **Poor clumping or unpleasant odors:** Crumbling clumps and persistent odors often suggest poor litter quality or inadequate cleaning. Since cats naturally prefer a clean toilet area, a dirty litter box may discourage use, increasing the risk of urine retention and related urinary problems.

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