

Hamster Health

Monitoring Health

It is very important to monitor your hamster's health every day. It can sometimes be difficult to tell if something is wrong with your hamster. In the wild, hamsters are prey for larger animals so they try not to show if they are hurt or feeling unwell because it makes them vulnerable.

If you get to know your hamster well then you will probably have a feeling if something is wrong. There are some signs that are worth looking out for. If you notice any of these changes in your hamster then you should seek advice from a vet:

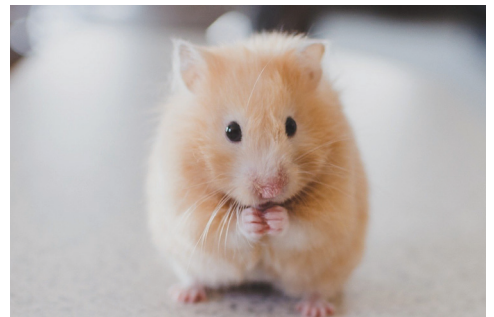
- Loss of appetite
- Aggression when not normally aggressive
- Smaller poop pellets or none at all
- Bald patches
- Sitting still with no movement at all
- Change in movements
- Eyes not bright and alert when awake
- Damp tail area
- Unknown discharge around the nose or eyes
- Change in posture such as hunching
- Change in breathing
- Limb chewing



Hibernation/Torpor

A hamster's ideal body temperature ranges between 65–75 degrees Fahrenheit. If their temperature falls below this range for twenty-four hours, they will enter into torpor. Hamsters don't enter a true form of hibernation but torpor is an involuntary state that hamsters enter as a survival tactic. Their body temperature, breathing rate, heart rate, and metabolic rate all decrease to preserve energy and functionality.

Be very careful if you have to wake your hamster up from torpor. Gradually raise the temperature in the room and expose your hamster to natural daylight.



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