

MANAGEMENT OF ARTHRITIS: A JOINT EFFORT

Osteoarthritis is a chronic and progressive degenerative joint disease very common in mature and senior patients and this condition can be extremely painful and uncomfortable. Obesity is one of the major factors for arthritis followed by orthopedic diseases and trauma.

This condition is usually irreversible but good management can minimize pain and slow the progression of the disease.

Does my pet have arthritis?

Clinical signs include:

Reluctance to walk, run, use stairs, jump or play

Difficulty rising from rest, stiffness or lameness

Personality changes such as aggression or withdrawal may indicate pain

Recommended diets:

Hills Prescription diet J/D- Preferred

Royal Canin Diet Mobility Support

Purina JM Joint Mobility

Iams Mobility Support

Medications:

Anti-inflammatories (NSAIDS). Long term use of these medications warrants blood analysis every 6 months. This is because of their side effects specially on liver and kidneys.

Combination pain management and NSAIDS

Adequan Injections: Injection given twice weekly intramuscularly then every 3 weeks for maintenance. Adequan helps slow down the progression of arthritis, supports tissue repair and diminish joint damage.

Supplements:

Fish Oil Omega 3: Studies suggests that omega 3 decreases inflammation secondary to arthritis.

300mg 600 mg 800 mg 2000 mg Twice a day with meals. Depending on patient's weight.

Glucosamine/Chondroitin: Inhibits inflammation and enhances production of essential components (glycosaminoglycans and collagen) for joint health.

200mg 400 mg. Depending on patient's weight.

Vitamin E: Essential anti-oxidant 400 IU/ day

Healthy lifestyle:

You know your dog better than we do. Please monitor for weight or appearance changes: Loss of waist like, ribs are palpated with mild to moderate pressure, developing of skin folds on rear end and behind elbows, fat accumulation on abdomen. Diet intake might need to be adjusted.