

# CATS



## get arthritis too!

Have you asked yourself any of the following questions?

- Why does my old cat sleep all the time?
- Why doesn't my cat jump up anymore?
- Why does my cat miss the litter tray?
- Why does my cat urinate in unusual places?
- Why is my cat limping?
- Why does my cat sleep in strange positions?

Well the truth is that the answer to these is often that our cats have arthritis!

Cats tend to hide symptoms of illness and so don't express pain like dogs and people do. This may be beneficial in a wild setting but it has been their undoing because many cats (greater than 90% of those older than 12 according to one recent study) are suffering unnecessarily.

We can do just as much for cats as we can for dogs so read on and book an appointment so we can make a plan to help get them happy and moving again!



### ANTICIPATION

Do you have a particularly large cat - either fat or just big? They are already at risk so start protecting their joints now by managing obesity, and using joint protectants.



### NURSING

Consider what you do to minimise your own aches and pains - before reaching for the medicine chest that is! Soft bedding, keeping warm (we all feel stiffer in the cold), rubbing our aching joints and applying heat packs all of these things help our beloved cats too!





## **DIET**

Overweight cat's suffer more from arthritis than those that are trim. The reason is twofold.

1. Excess load on joints wears away the cartilage more quickly
2. There are a number of inflammatory mediators produced in fat affect that affect joint tissues and play a role in pain.

If you have an overweight cat first and foremost you need to get their weight down. Once they are their 'ideal' weight we can start feeding them Hills JD which is an amazing prescription diet that provides pain relief and slows the effects of arthritis.



## **NEUTRICEUTICALS**

A fancy name for any food based product with benefits above and beyond their nutritional value.

- glucosamines
- green-lipped mussel extract
- omega oils

Be careful though, just because it's food based doesn't mean it's safe. Proceed only with veterinary advice or you may waste your money, or even worse harm your cat!



## **MEDICATION**

The medications we reach for to manage arthritis include:

- NSAIDs
- Codeine
- Gabapentin
- Tramadol
- Pentosan injections



## **ALTERNATIVE THERAPIES**

There are lots of alternate therapies, some that we believe to be effective are:

- acupuncture
- physiotherapy

