

OLD AGE...



It doesn't have to be painful

Have you asked yourself any of the following questions?

- Why is my dog is having trouble getting up?
- Why doesn't my dog want to go for walks anymore (or walk as far)?
- Why is my dog sleeping more than usual?
- Why is my dog limping?

Our dogs are living longer and better lives - Hooray! But, with that added length of life comes an almost inevitable problem - osteoarthritis. Read this summary 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 dog? One with bowed or knock-kneed legs? An overweight dog? Or one who is extremely active?

These are the animals that will place most strain on their joints. Start joint protectants such as special diets, cartrophen, fish oils and glucosamines before they start showing signs of pain.



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 dogs too!

Regular, low impact exercise (eg walking and swimming) is important too.





DIET

Overweight animals 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 animal that is not showing signs of arthritis and has no other predisposing factors we would recommend simply putting them on a diet to get them to their ideal body weight. If you need help with this book a free nutritional consultation with one of our nurses so we can do it together.

For animals that already show signs of arthritis or may be predisposed we recommend using the Hills Metabolic Mobility diet. It is truly amazing how effective this diet is.

If your dog doesn't need to lose weight then Hills have a diet called JD. It is the 'mobility' part of the above diet without the weight loss component.



NEUTRICEUTICALS

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

- glucosamines
- green-lipped mussel extract
- omega oils
- tumeric
- rose hip extract

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



MEDICATION

The medications we reach for to manage arthritis include:

- NSAIDs
- Codeine
- Tramadol
- Pentosan injections
- Gabapentin



ALTERNATIVE THERAPIES

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

- acupuncture
- physiotherapy
- hydrotherapy

