ARTHRITIS MANAGEMENT

- Exercise
- Warmth
- Avoid excess weight
- Nutraceuticals
- Zydax injections
- Beransa/Solensia injections
- NSAIDs
- Extra pain management
- Imaging
- Diet
- Physiotherapy

Orange Vet Hospital

For ZYDAX course only
Please make a vet appointment for your pet's final
Dose of ZYDAX.

Starting weight:

Ideal weight:

	DATE	SIGN	Weight
1ST DOSE			
2ND DOSE			
3RD DOSE			
4TH DOSE			

Orange Vet Hospital

Arthritis

**57 Molong Road
ORANGE NSW 2800
Phone: 02 6361 8388
Email:
orangevet@orangevet.com.au
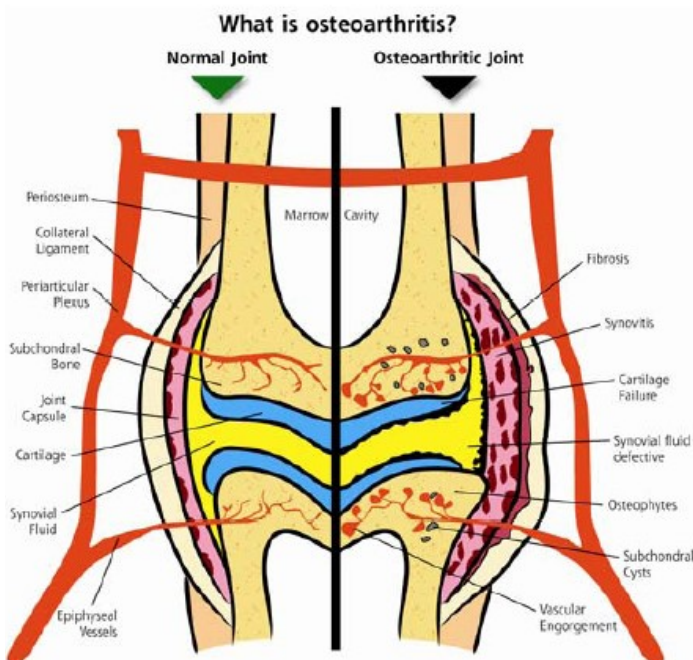Website:
www.orangevet.com.au
www.facebook.com/**

Arthritis

– a major cause of joint pain

What is arthritis?

Arthritis is degenerative joint disease. Changes occur in the ends of the bones, the cartilage, joint capsule, and the fluid within the joint. These changes can be caused by old age change, poor conformation, or may be secondary to previous trauma to a joint.

Diagram showing comparison of a normal and an arthritic joint

What is osteoarthritis?

Normal Joint — Osteoarthritic Joint

Periosteum
Collateral Ligament
Periarticular Plexus
Subchondral Bone
Joint Capsule
Cartilage
Synovial Fluid
Epiphyseal Vessels
Marrow Cavity
Fibrosis
Synovitis
Cartilage Failure
Synovial fluid defective
Osteophytes
Subchondral Cysts
Vascular Engorgement

Signs of arthritis

- <u>Your pet is slowing down.</u> It doesn't want to exercise as often, and when it does it doesn't last as long or play as hard as it used to, or jump up on things like before.

- Your animal <u>looks stiff or lame</u> when it is moving. This may be most noticeable when getting up after rest and first thing in the morning.

At the clinic, the vet will check your pet's joints for thickening, pain, reduced range of motion, changes to the bony structures and crepitus (a crunchy feeling when moving a joint). Any of these changes may indicate your pet has arthritis. Your pet may require x-rays to confirm the condition & rule out other issues.

How you can help your pet

- <u>Keep your pets warm</u>. A coat on your dog and some soft warm bedding can make a big difference. It may be worth considering letting your pet sleep inside of a night, or on heated pet beds, or both!

- <u>Exercise in moderation</u>. Movement aids in maintaining healthy joints, however too much exercise can cause pain. It is a balancing act in which you can only find a happy medium through trial and error. Gentle walks or swimming are helpful for most pets.

- <u>Manage your pet's weight</u>. The more weight they are carrying the more strain there is on their joints. If your pet is already overweight try to exercise it more and put it onto a diet variety of food. Beware the dreaded weight gain over winter! If your pet is prone to this consider putting them on light food over winter.

Treatments to help your pet

- What works for one pet might not work for all– each pet is unique. Treatment plans are individualised for each pet.

- **Nutraceuticals:** These are supplemental products that may help with your pet's arthritis. In reception, we stock:

    ⇒ 4cyte Epitalis gel
    ⇒ Glyde chews
    ⇒ Antinol capsules
    ⇒ 4cyte granules

- You may supplement with a human ingredient eg Omega 3 fatty acid supplements, fish oil, glucosamine. These products are best used early in the disease as an adjunctive treatment.

- **Pentosan sulphate (Zydax) injections:** This helps to 'normalise' joint cartilage and joint fluid to slow the progression of arthritis and relieve symptoms. Injections are given weekly for 4 weeks; followed up by boosters at intervals. An annual booster course in autumn can help prepare for winter.

- **Non-Steroidal Anti-Inflammatories (NSAID):** An option of a medication given orally to your pet daily to reduce joint inflammation & consequently the pain of arthritis. We have a range of brands with different formulations including tablets, chews & liquids. While this is a stronger form of medication available to your pet, it is more expensive and there are some potential side effects. Ideally, patients on this medication have their kidney and liver function checked with blood tests

Arthritis is becoming an increasingly recognized problem in pets. It is noticed most frequently in dogs; however it is found in an increasing proportion of cats and can occur in all species. Arthritis is not a condition that we can cure- we can only manage it and provide pain relief. As an animal's arthritis worsens we may need to include additional components.