



PET HEALTH



Osteoarthritis

Osteoarthritis is a common condition of older animals. It involves cartilage in joints, which is normally smooth, becoming rough and irregular which causes pain when these joints move.

Signs that may indicate your dog or cat is suffering from arthritis include reluctance to jump onto high furniture, reluctance to go for long walks, stiff movements (particularly after lying down or resting), crying out when being picked up or brushed and general reluctance to move or play.

While osteoarthritis can be a debilitating and painful condition there are several management strategies that can help support current arthritis levels as well as preventing further damage to joints.



These include:

- Regular exercise of a gentle nature to avoid overuse and pain, but also to help keep animals strong and active.
- Maintaining appropriate weight and avoiding excessive weight gain. Overweight animals have more pressure on their joints which will lead to faster progression of arthritis.
- Cartrophen injections or oral joint supplements (such as glucosamine and fish oils) to help promote overall better joint health.
- When arthritis pain becomes severe sometimes oral anti-inflammatory and pain relief medication is required. This will need to be supplied by a veterinarian and regular check-ups will be required if any animal is on long term medication.