

arthritis and degenerative joint disease – a manageable condition

We can help obtain a proper diagnosis and provide advice on an appropriate treatment plan.

weight control

Being overweight increases the load on joints, adding to the pain and discomfort. Weight reducing diets, reduced meal sizes and not feeding treats are helpful ways to control weight.

exercise

Exercise must be in moderation - too much will cause excessive strain on joints, not enough exercise will cause greater stiffness and muscle wastage. Gentle regular exercise (such as daily walks) is best - this keeps joints moving and muscles toned.

environment

Provide a warm, dry, comfortable place to sleep. Beds should be raised off ground - trampoline style is ideal. Good padding will prevent excess pressure being applied to the joints.

medications

Non-steroidal anti-inflammatory drugs can help provide immediate relief and may be used for ongoing needs. These are **prescription medications**, and regular health checks are important to monitor their effectiveness.



Do not give human pain-killers to dogs. It can be very dangerous because dogs and humans react differently to many medications. Serious side effects can occur in dogs and cats with some of the most common and 'safest' human pain-relievers.

Cartrophen injections can provide relief for up to a year, reducing or eliminating the need for other drugs. Cartrophen works on the cartilage and joint fluids to reduce friction and pain - treating the disease process, not just the symptoms.

A range of over-the-counter food additives and diets are available from the clinic.

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