

## **PETS GET ARTHRITIS TOO!**

We are all starting to feel the cold coming and it's time to remember that your pets, particularly the older ones, may need some help through the colder weather. There are some simple measures you can take at home in order to ensure your elderly companion stays comfortable over winter.

Ensure your pet has soft, warm and draught-free bedding and consider the need for a warm 'doggy jacket'. Be aware that excess weight can contribute to the development of arthritis, and consider a weight loss program

Fortunately, arthritis is a treatable disease and pain relief medication may give your pet a new quality of life. Many clients comment that their pet is 'like a puppy again', simply by managing their arthritis effectively.

### **Arthritis Checklist**

Remember, your pet isn't just 'getting old'! There are some very easy ways to medicate both dogs and cats and keep them happy and active in their 'retirement' years. Some of the signs of arthritis include:

- General stiffness or limping
- Difficulty getting up after resting
- Difficulty jumping into the car or onto furniture
- Reluctance to play
- Toileting inside
- Licking at legs
- Change in behaviour- e.g. no longer likes being patted, or snaps when touched

### **Management of Arthritis**

Arthritis management can drastically improve the quality of your pet's life and may include any or all of the following:

- Pain Relief** in the form of anti-inflammatories
- Slowing Disease Progression** using Cartrophen® injections
- Maintaining Healthy Joints** by using supplements that promote cartilage
- Lifestyle Changes** especially weight control and regular gentle exercise

The earlier arthritis is diagnosed and treated, the slower the progression of the disease and the more your pet can enjoy the golden years of their life!

Please contact Cowra Veterinary Centre if you have any questions or to make an appointment for an old age arthritis check up. We also encourage you to bring your pet in for a free weight check.