



**ANIMAL CLINIC**  
For Happy, Healthy Pets...Always

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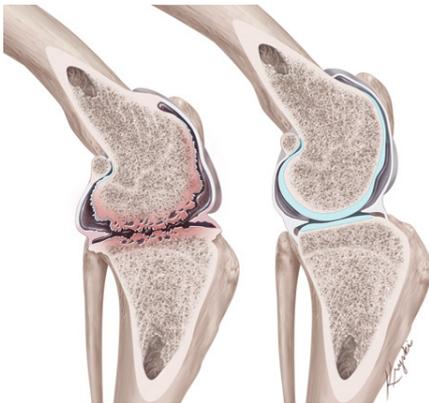
*Keeping pets Smiling since 1998.*

## **Advanced Joint Care**

**Updated June 2014**

All pets deserve to have their joints looked after as best as humanly possible, and we shouldn't be waiting until our pets are limping before we act. But if you are reading this, it is because your pet is limping, and you need information to help you help your pet.

There are a range of options available, so do not despair if you have tried one and it hasn't worked. I assure you it would've helped a little bit but we just didn't notice it.



**Figure 1 - Our goal is to keep the joints healthy**

### **The goal**

Our goal is to get already damaged joints as close to healthy as possible. So instead of the red raw inflamed joint ends, we are looking at a smooth cool surface, like the picture on the left.

### **What you can do?**

- Great weight control – know what your pet's ideal body weight is, and stick to it.
- Muscle massage – using your own hands to gently massage the muscles of the front and back legs, and down the spine
- Exercises – such as walking for 10 to 20 minutes twice a day
- Comfortable bedding – making it easy for them to get up and down

### **What are the options?**

Multimodal management is what needs to be done, but many pet owners struggle with this, as it can get complicated

#### **What you can do at home with your vet's help**

- Slings for support
- Muscle and Joint rehabilitation programs
- Heat/cold packs
- Advanced care supplements (many which are similar to the Everyday care)



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### What your vet can do for you.

- Disease modifying medications – such as Synovan, Cartrophen or Zydax. We use Synovan at Russell Vale Animal Clinic as it contains both Pentosan polysulphate and Acetyl glucosamine.
- Non-steroidal anti-inflammatories – the most common we use are carprofen, meloxicam and Previcox and Trocoxil
- Stronger pain relief – in some pets we need to add in Gabapentin and Tramadol

## Each year, during the months of June, July, August and September, we offer FREE arthritis checks for all dogs and cats.

*These are a no-obligation, free assessment with a veterinarian (not a veterinary nurse) to examine your pet's joints and offer advice on what are the best types of physical therapies suited to your lifestyle and your pet.*

## More about Synovan

**SYNOVAN**  
INJECTION FOR DOGS

Introducing a new breed  
of arthritis treatment



Synovan is labelled as a “new breed of arthritis management”, as it is the unique combination of tried and true Pentosan Polysulphate and Glucosamine.

### Treatment Recommendations

**Mild Signs of Arthritis** – one series of four weekly injections each 12 months

**Moderate Signs of Arthritis** – one series of four weekly injections each 6 months OR one series of four injections PLUS a single injection each 3 months.

**Severe Signs of Arthritis** – one series of four weekly injections each 12 months PLUS a single injection each 1-2 months (depending on severity).

Some dogs will benefit from an even longer course of Synovan (up to 8 weeks).

## What about Medications?

There are many pets who do need ongoing daily or monthly anti-inflammatories. It has been shown in many studies that the sooner a pet is started on medication, and the longer they are on it, the healthier the joint is.

Our choice in medication is dependant on your lifestyle, budget and previous experiences, and most importantly, what is likely to be the safest and most effective for your pet.



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## What are the other options?

**Acupuncture** has been shown to help many pets. Please ask us for a referral to an acupuncturist.

The number of dogs being treated with **Stem Cell therapies** is increasing, with knowledge and success rate improving each year. It is for selective cases only, but feel free to discuss this option with us.

Technology is amazing, with elbow and hip replacements now available at many specialist centres. This is the ideal if the joint is causing more pain than medication can solve.

## Available Joint Supplements for Everyday as well as Advanced Joint Care – for dogs and cats

There is a plethora of Joint support out there, but the key to remember that you pay for what you get.



- Joint Guard Chews or Powder (dogs and cats) – contains glucosamine hydrochloride, Chondroitin sulfate, MSMS, Manganese gluconate (and scientifically proven). The ratio of glucosamine to chondroitin is the scientifically proven one of 5:4
- Flex for Dogs – contains glucosamine hydrochloride, chondroitin sulfate and 4 other key ingredients. The ratio of glucosamine to chondroitin is 20:1
- PAW Osteocare Joint Health Chews – for Dogs – contains high quality glucosamine sulphate, chondroitin sulfate, Vitamin C, MSM and Manganese in a tasty chew. The ratio of glucosamine to chondroitin is 2: 1

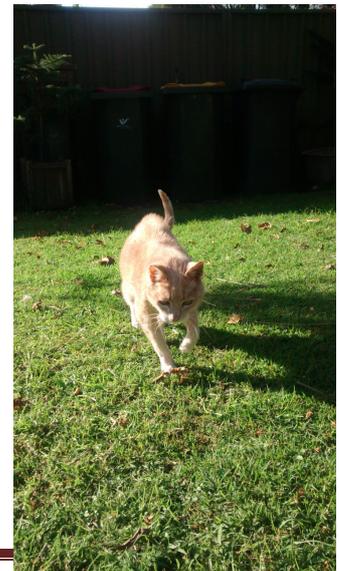
- Others include Glyde, Sasha's Blend, Pernease Powder, Nutrisea Seaflex

## How do you choose?

Ask your vet for what they recommend for your pet, taking into account your pet's full medical history.

## What do we use?

In Piper, she was on PAW Osteocare Chews prior to her surgery, and is now on Synovan injections plus Joint Guard, as well as Hills canine j/d after her surgery.





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Whilst she does not have osteoarthritis currently with her hip dysplasia, we do know that she is at high risk of developing this. We intend to prevent this as much as we can.

Old man "George" is on Hills feline J/d as he has advanced joint disease, but our other cats are on high quality prescription foods which have joint protectants in them.