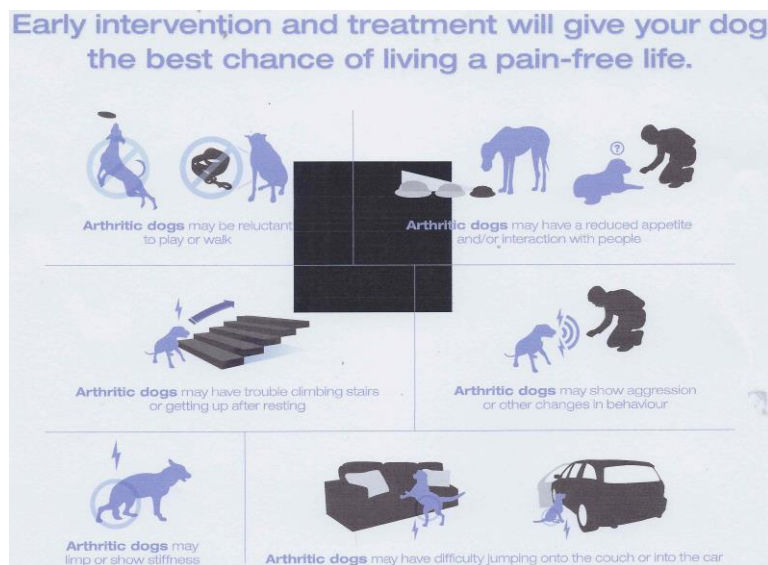


## Arthritis Treatment Options:



Below are the arthritis treatment options that we recommend at our clinic. Arthritis can often be difficult to detect, so if you see any of the above signs, it is better to start treatment earlier rather than later (even if they don't appear sore).

- Diet: There are prescription diets designed to help to control and slow the progression of arthritis in your pet. The benefit of them is that you don't need to remember to give a pill every day, and the diet is often cheaper than the combination of normal food plus a joint supplement. These diets should be fed as an exclusive diet as the levels of omega oils or proteins are carefully designed for your pet. You can still feed a small number of treats or dental chews but cannot supplement the diet with other wet food, table scraps or biscuits. We have a number of options available for your pet which range in price, palatability and mode of action. The joint foods available are: **Hills j/d**, **Eukanuba Mobility** (lower calorie option), **Royal Canin Mobility**. Hills j/d is the only one available for cats. They take approximately 3-4 weeks to take effect, are linked to a loyalty system where the 11<sup>th</sup> bag is free, and they have a 100% money back guarantee if your pet does not like them. With most of these diets, we will need to order the food in so please give us 5 working days notice if you are running low.
- Joint supplements: Joint supplements work by increasing the shock absorption as well as aiding in the repair of the damaged joint. The effect is not often immediate and they are designed for long term use to heal the joint rather than immediate pain relief. We stock one joint supplement

(Synoquin). **Synoquin** is a combination of Chondroitin Sulphate (shock absorption) and Glucosamine (repair). This product has had *scientific studies* to show good absorption in the body, beneficial effects on the joint, and a good safety margin. The reason that we do not stock other products is the Synoquin is the only product that has proven efficacy and has a 100% label-claim performed by external auditors (Nutraceuticals in NZ do not have to be tested and some have been shown to contain only 40% of what the label says that they do).

- Pentosan injections: **Pentosan** is a Disease Modifying Osteoarthritic Drug which “stimulates the body’s own mechanisms to heal damaged joints”. Pentosan also has a mild anti-inflammatory action so you will often see an immediate pain relief effect in your dog. It has only been registered in dogs but can be used off license in some cats. Studies have not been conclusive about the long term benefits of Pentosan but it definitely makes dogs more comfortable in the short term. The normal regime is one injection once a week for 4 weeks and then once every 3 months thereafter. In the initial booster period, you will see a vet for an arthritis check and discussion at the first and fourth visits, and a nurse will do the injection at the 2<sup>nd</sup> and 3<sup>rd</sup> visits.
- Non-steroidal anti-inflammatory drugs (NSAIDs): These can be provided in tablet or liquid form for your pet. They are given daily for cats and dogs and there is a monthly option for dogs. They do not heal the joints or slow arthritis progression. They are used solely as pain relief for acute flare ups, during winter, and as your pet’s pain becomes chronic. Potential side effects include vomiting and diarrhea so they must be given with food. They cannot be used if your pet has any kidney disease so regular blood and urine tests are required.
- Stem-cell therapy: This is an innovative new treatment using the body’s own cells to heal itself and provide potent anti-inflammatory effects. Research continues in this developing field. If you are interested, we are able to refer you to the specialist to learn more about this option (approximate cost is \$2500 for one treatment).