



## Arthritis Treatment Options for Cats:



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 cat. 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 and 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** and **Royal Canin Mobility**. They have a 100% money back guarantee (for palatability) and have a loyalty system where the 11<sup>th</sup> bag is free. take approximately 3-4 weeks to take effect, 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. It is important to wean your pet slowly onto this food (over a period of 7 days) and to give it 3-4 weeks to see an effect.

- 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 2 joint supplements (Synoquin and Cat Pep). Our top recommendation is **Synoquin** which 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. Green-lipped mussel extract (**Bomazeal Cat Pep**) is another option for joint support but although the green-lipped mussel has some anti-inflammatory action, the levels of glucosamine are very low and so the long term benefit is not as high. This is however a very tasty treat and may be a good option for your pet.
- 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 1-3 months thereafter (depending on how long the effect lasts). 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): Metacam is the only registered NSAID for cats and comes in a liquid form. This does 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 are used with extreme caution if your pet has any kidney or liver disease so regular blood and urine tests are required. Having said that, a recent study of ageing cats showed that the majority of cats that were euthanased had underlying cancer (36%) and mobility issues (26%) rather than kidney disease (11%). If your cat has kidney disease, they will be assessed on a risk-benefit basis.

**OUR AIM IS TO PROVIDE ADEQUATE PAIN RELIEF FOR YOUR CAT IN THE SAFEST WAY POSSIBLE.  
OUR RECOMMENDATIONS WILL BE TAILORED TO YOUR CAT AND THEIR NEEDS.**