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Arthritis and Joint Support in Dogs

Arthritis is a common condition in dogs, especially as they age. It can cause pain, stiffness, and inflammation in the joints, making it difficult for your dog to move and enjoy their usual activities. However, with proper care and support, you can help manage your dog's arthritis and improve their quality of life.

Arthritis can affect any joint in the body, but it most commonly affects the hips, knees, elbows, and spine. Symptoms of arthritis in dogs may include:

- **Limping or favoring one leg**
- **Difficulty standing up or lying down / Stiffness or reluctance to move**
- **Reduced activity level or exercise intolerance / Loss of muscle mass or weakness**
- **Signs of pain, such as vocalizing, licking the affected area, or a change in attitude (grumpiness)**

Arthritis Treatment and Joint Support

Treatment for arthritis in dogs may involve a combination of medication, supplements, and lifestyle changes. Your veterinarian may recommend:

- **Pain medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs), to reduce inflammation and discomfort.
- **Adequan:** Also known as polysulfated glycosaminoglycan, or another brand name of **Ichon**. It is a medication used to treat arthritis in cats, dogs and horses. It works by reducing inflammation and promoting the synthesis of new joint fluid and cartilage. Adequan is usually administered as a series of injections given over a period of several weeks, and then as maintenance injections given at regular intervals. It is often used in combination with other treatments, such as pain medication and joint supplements, to manage the symptoms of arthritis and improve mobility and quality of life.
- **Supplements:** A supplement with Glucosamine and Chondroitin, to support joint health and reduce cartilage breakdown. Ask your technician or veterinarian about **YuMove Advanced 360!**
- **Weight management:** Maintaining a healthy weight will help to reduce the strain on your dog's joints.
- **Exercise and physical therapy:** Maintaining muscle strength and range of motion may also help.
- **Environmental modifications:** Such as providing soft bedding and ramps or stairs to make it easier for your dog to move around the house and on/off furniture.
- **Provide a balanced and nutritious diet:** Consider a senior diet or mobility diet, with plenty of protein, vitamins, and minerals to support overall health and well-being (as well as fewer calories).

In addition to the above recommendations, you will want to help your best friend recognize their own limitations. Often the pain relief provided can relieve pain enough, your dog may over do it on a walk or play sessions. It's important to avoid activities that put excessive strain on your dog's joints, such as jumping , romping with other dogs, or running on hard surfaces.

Our favorite joint supplement on the market is **YuMove Advanced 360**, because of the research and work they put into the product. We've all seen it work when it comes to making our older patients more comfortable. If you would rather shop around, there are several options online; feel free to run anything you find by us!

If you have any concerns about your dog's joint health or mobility, or if you would like to learn more about arthritis and joint support, please contact us. Our team of experienced veterinarians and staff is here to help you keep your pet healthy and happy, through all stages of life.



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Arthritis and Joint Support in Cats

Arthritis is a common condition in cats, especially as they age. It can cause pain, stiffness, and inflammation in the joints, making it difficult for your cat to move and enjoy their usual activities. However, with proper care and support, you can help manage your cat's arthritis and improve their quality of life.

Arthritis can affect any joint in the body, but it most commonly affects the hips, knees, elbows, and spine. Symptoms of arthritis in cats may include:

- **Limping or favoring one leg / Stiffness or reluctance to move**
- **Difficulty jumping or climbing / Loss of muscle mass or weakness**
- **Signs of pain, such as vocalizing, changes in attitude (grumpiness), or licking the affected area.**

Arthritis Treatment and Joint Support

Treatment for arthritis in cats may involve a combination of medication, supplements, and lifestyle changes. Your veterinarian may recommend:

- **Pain medications:** Unfortunately, felines do not have the luxury of full-time nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation and discomfort. But we do have a new medication on the market that can practically turn off all arthritic pain for our feline patients. This new drug is called **Solensia**, *Solensia is an injectable monoclonal antibody therapy administered monthly to control feline osteoarthritis pain. This injection provides an entire month of pain relief!*
- **Adequan:** Also known as polysulfated glycosaminoglycan, or another brand name of **Ichon**. It is a medication used to treat arthritis in cats, dogs and horses. It works by reducing inflammation and promoting the synthesis of new joint fluid and cartilage. Adequan is usually administered as a series of injections given over a period of several weeks, and then as maintenance injections given at regular intervals. It is often used in combination with other treatments, such as pain medication and joint supplements, to manage the symptoms of arthritis and improve mobility and quality of life.
- **Supplements:** Such as **YuMove**, to support joint health and reduce cartilage breakdown.
- **Weight management:** When you're overweight, gravity can wreak havoc on your joints. Keep your cat at a healthy weight, to help reduce the strain on your cat's joints
- **Environmental modifications:** Providing soft bedding, consider adding ramps or stairs to discourage jumping and climbing. Avoid activities that put excessive strain on your cat's joints, such as jumping or climbing on those higher surfaces.
- **Dietary Changes:** Provide a balanced and nutritious diet, *consider a senior diet*, with plenty of protein, vitamins, and minerals to support their overall health and well-being. Make sure to stick with a low calorie diet.

At Midtown, we recommend **YuMove** as a joint supplement for cats. YuMove is a natural joint supplement that contains glucosamine, chondroitin, hyaluronic acid, and manganese. These ingredients work together to support joint health and reduce inflammation and pain. YuMove is easy to administer and can be given to your cat daily.

We also always encourage our clients to consider **Solensia**, as we've seen it help both of our senior clinic cats, as well as some of our own personal pets, tremendously!

If you have any concerns about your cat's joint health or mobility, or if you would like to learn more about arthritis and joint support, please reach out. Our team of experienced veterinarians and staff is here to help you keep your pet healthy and happy for years to come.