



Coastal Vets

COASTAL VETERINARY SERVICES LTD.

24 Tasman St, Opunake
Phone 06 761 8105
Fax 06 761 7173

70A Victoria St, Kaponga
Phone 06 764 6899
Fax 06 764 6234

Arthritis management

Arthritis is when there is inflammation and degeneration of one or more joints leading to pain. There is no treatment for arthritis but there are lots of ways to manage disease progression and give your dog a good quality of life.

Weight loss/Diet

Current Diet: Attempt weight loss with your dog's current diet by reducing the amount of food by 1/3. Ideally feed biscuits only which you may soak to increase the feeling of satiety.

Weight loss diet: If your dog is struggling to lose weight on his/her current diet a weight loss diet is recommended.

- Hills Metabolic Mobility (aids joints and weight)
- Royal Canine Satiety (restrictive calorie diet).



Exercise

- Short slow walk, 20 minutes per day to keep joints warm.
- Reduce harsh impact activity such as ball throwing and jumping.
- Swimming is a good low-impact activity that we recommend.

Medications

Tablets – Anti-inflammatory/pain relief

- **Rimadyl:** Anti-inflammatory (daily or when needed)
- **Trocoxil:** Monthly version of Rimadyl. (First two doses two weeks apart then monthly).

Rimadyl and Trocoxil can affect the kidney and liver long term. Your animal will require 6 monthly blood tests for monitoring.

Injections

- **Synovan:** Can help rebuild the cartilage cushioning in joint. Initially the dog would have to come in weekly for 4 weeks, then once a month.
- **Beransa:** Monoclonal antibody pain relief which blocks pain at the nerve endings. There are no side effects, this is a monthly injection.

Supplements

- Grand Mobility wafers can help rebuild cartilage cushioning in joint via nutrition
- O2B Healthy K9 joint supplement
- Fish oil WITHOUT vitamin D e.g. Sandersons Fish Oil 3000

Management at home

- Soft padded bedding
- Non-slip floor surfaces
- Ramp/step for entry/exit vehicle and getting up and down furniture
- Raised food and water dishes (elbow height)