



OSTEOARTHRITIS

Osteoarthritis (OA) is a painful disease that affects 1 in 5 dogs. It is characterised by pain and inflammation of the joints.

SIGNS OF OA

May include one or more of the following:

- ▶ Limping
- ▶ Difficulty rising from a resting position
- ▶ Difficulty climbing stairs
- ▶ Lagging behind on walks
- ▶ Change in behaviour

WHAT CAN BE DONE

- ▶ Medication – anti-inflammatory drugs can help alleviate pain and reduce inflammation of the joints
- ▶ Weight control – to ensure there is no excessive strain on the joints
- ▶ Exercise – gentle, regular exercise to keep the joints moving and the muscles toned
- ▶ Bedding – soft, warm bedding to allow for comfort and rest
- ▶ Supplements - certain supplements may aid in reducing inflammation, promote healthier cartilage, and boost the immune system



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