



## Beckett and Associates Veterinary Services, LLC

1269 Main Street  
Glastonbury, CT 06033  
860-659-0848

### Arthritis in Dogs



Many of our pets are living longer, so we are seeing more old-age changes like arthritis in them.

One of the largest contributors to arthritis pain is obesity, which is a common problem in pets. Any extra weight makes it harder for dogs to move, and puts a lot of strain on their joints. So exercise and diet management are as important as the immediate pain relief, and play a larger role in long-term management of the disease. And just as in humans, movement is actually the best therapy for stiff joints, since it promotes the movement of joint fluid, which carries nutrients to the joint surfaces. Swimming is great exercise, as is walking, but running and playing ball can be very painful.

For most dogs, just losing weight isn't enough to keep them comfortable, especially in the cold New England winter.

Luckily, we have several types of medications that we can use to help control arthritis pain and make movement more comfortable. The drugs that we use for our own aches and pains can be very dangerous for dogs, but the newer veterinary NSAIDs (non-steroidal anti-inflammatories) often

work for 12 or even 24 hours at a time, and tend to have fewer side effects than aspirin, although we do recommend periodic blood tests to check that the liver and kidneys are not being damaged by the medication. Depending on the severity of your dog's arthritis, these drugs can be used daily, or just for flare-ups. We also frequently recommend nutritional supplements to preserve and enhance joint health.

We would be happy to work with you to find the safest and most effective therapy to keep your dog playing well into his twilight years.

