



Arthritis Treatment Options

Arthritis is a common condition in many older pets. It affects both dogs and cats. Dogs affected with arthritis may have trouble getting up off the floor and sitting down, using the stairs, going on walks, etc. Cats may refrain from jumping up on objects, hide, groom less, or object to being held and picked up. If you suspect that your pet may have arthritis, we recommend you call our office to schedule an appointment. At this appointment, we will complete a full physical exam, possibly suggest x-rays of certain joints, and recommend blood work prior to a potential anti-inflammatory prescription. If arthritis is officially diagnosed or highly suspected, there are several treatment options to manage this condition. Arthritis is best treated using a **multi-modal approach**. Please see options listed below for treating arthritis pain:

Arthritis Treatment Approach:

- **An Anti-inflammatory**
 - This is the mainstay of treatment. The definition of arthritis is inflammation of one or more joints, so it makes sense to treat the inflammation.
 - Before an anti-inflammatory can be prescribed, it is best to perform a blood panel to make sure your pet's kidneys and liver are in good health. Anti-inflammatories can have negative long-term effects on your pet's liver and kidneys, so monitoring your pet's organ values during treatment is important.
 - We recommend that your pet starts on _____ at the following dose: _____.
 - Your pet's blood work recheck appointment is recommended in _____ months.
- **Pain Medication:**
 - Sometimes anti-inflammatories are paired with a nerve pain medication called gabapentin for moderate to severe arthritis cases. There can be a synergistic effect when gabapentin is combined with an anti-inflammatory.
 - We recommend that your pet takes gabapentin _____ mg capsules at _____ capsule(s) by mouth every 8-12 hours.
- **Injections:**
 - Solensia is a once monthly injection for cats. It is composed of a monoclonal antibody, which is a highly specific protein that targets molecules involved in arthritis. We recommend that your cat returns on _____ for a recheck appointment at _____ a.m./p.m.



- Adequan is an injection for dogs composed of polysulfated glycosaminoglycans. This substance is used to prevent further damage to cartilage. It is initially given two times a week for 4 weeks, then once monthly for maintenance. Your dog's next injection is due on _____ at _____ a.m./p.m.
- **Red-light Therapy:**
 - At Ely Veterinary Care (EVC), we can provide your pet with red light therapy sessions. Your pet's red light therapy session is scheduled for _____ at _____ a.m./p.m.
 - Red light therapy helps to reduce swelling, stimulates blood circulation, and increases collagen production.
 - Cold laser therapy can also be very helpful at reducing pain and inflammation and repairing tissues.
- **Weight Management:**
 - If your pet is overweight, this will cause increased pressure on your pet's joints.
 - Getting your pet to reach his/her ideal weight will help to decrease your pet's arthritis pain. Your pet's ideal weight is _____ lbs.
 - For more information on how to aid your pet in his/her weight loss journey, please see the handout on our website titled "Consequences of Pet Obesity."
- **Supplements:**
 - Fish oils (omega 3 fatty acids) are natural anti-inflammatories. We recommend that your pet takes _____ mg by mouth once daily.
 - A glucosamine and chondroitin supplement is also very beneficial for your pet's joint health. At EVC, we recommend Cosequin. Please follow the daily dosing directions on the bottle or bag.
- **Joint Diet:**
 - There are several options for joint specific diets. These diets typical contain omega 3 fatty acids, glucosamine, chondroitin, and are designed for weight management and lean muscle formation.
 - Some prescription diets available include j/d, Metabolic & Mobility, and Purina Pro Plan Veterinary Diets JM. We recommend that your pet eats _____ at _____ cups per day.
 - For more information on how to safely transition your pet onto this new diet, please see the handout on our website titled "How to Transition Your Pet Onto a New Diet."
- **Acupuncture:**



- Although we do not currently offer acupuncture at EVC, this service can be beneficial for arthritis patients.
- If you would like a referral for this service, please contact us.

Please schedule an exam for your pet if you suspect he/she has arthritis issues. We are here to help!

*To order your pet's arthritis medications, please visit our online pharmacy at <https://elyvetcarepllc.securevetsource.com/index.pml>