

ARTHRITIS AWARENESS & OUR DOGS



Arthritis is a common and painful condition that can affect dogs of all ages and breeds. As a pet parent, you play a vital role in spotting the signs of arthritis in your dog and slowing its progression. By understanding the early signs and taking steps to manage your dog's joint health, you can help your furry friend live a happier, more comfortable life.

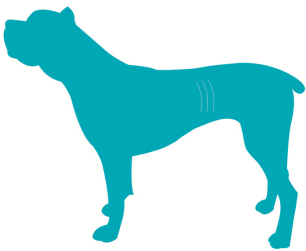
SIGNS OF ARTHRITIS IN DOGS

Dogs aren't always great at telling us when they are in pain, so keep an eye out for the subtle signs of arthritis!

- Difficulty getting up from laying down
- Difficulty using stairs or jumping
- Difficulty walking long distances
- Limping after exercise
- Deterioration of hind muscles
- Reluctance to play

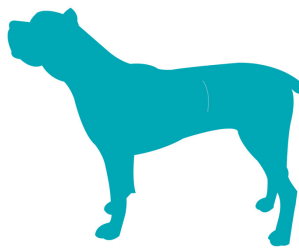
SLOWING ARTHRITIS PROGRESSION

Weight management is one of the most important factors when it comes to managing arthritis in dogs. Dogs of an ideal weight are healthier and live longer, so make sure the food bowl isn't overflowing!



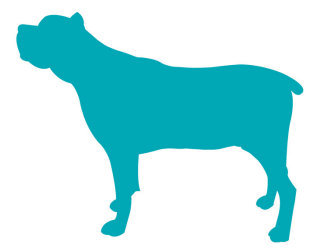
Underweight

Highly visible ribs, hip bones, and waist. Very prominent abdominal tuck.



Ideal Weight

Visible waist. Ribs are visibly outlined (in short hair dogs) and are easily felt.



Overweight

No visible waist. Abdominal is no longer tucked. Ribs are not visible and not easily felt.

Proper Exercise. Exercise is very important, but we need to make sure that it's the right kind of exercise. High-impact activities, such as running on hard surfaces or leaping high into the air, can cause issues if done too often or too young. For many of us, this is the main way our pets expel their energy and have fun, but moderation is key.

Check-in with your vet. Regular visits to the vet can help diagnose common issues that lead to arthritis.

MANAGING ARTHRITIS

Joint Supplements. Supplements help with joint strength and pain and can also act as an anti-inflammatory. As always, contact your veterinarian before giving your dog any medication or supplements.

Pain Medications are commonly used to treat more severe cases of arthritis. However, it is very important to only use pain medications as prescribed by your veterinarian, as many have side effects that can be very serious.

Proper Bedding and Assistance Moving. If your dog is suffering from arthritis, keep their bed on the floor so they don't need to jump up and down when it's time to lay down or get up. Another option is a 'mini staircase' to assist them when they want to get on a higher surface, such as a couch.