



# OLD AGE ACHES AND PAINS

## Arthritis

Thanks to better medicines and pet foods, pets are living longer. But as pets get older they can become arthritic – which can be very upsetting for you as the pet owner.

The good news is that there are now some great medicines to help older cats and dogs with chronic pain. These can help to make your pet's twilight years much more comfortable and pleasant, but your first priority should be to limit the need for drugs by adjusting your pet's lifestyle.

## Weight and exercise

You should try to limit your pet's need for medications by ensuring that its joints are not overworked by carrying too much weight or engaging in over-eager exercise.

Check with one of our vets or vet nurses that your pet is not overweight – and if it is, speak to one of the nurses about a weight plan.

Too much exercise can be bad for an old dog – some dogs are so eager to please their

owners that they will literally play fetch or walk until they drop. Bear this in mind and help your pet to get exercise, but take things easy – or you could put your dog into “super-sore” mode.

Swimming (hydro-therapy) is an ideal exercise for aging arthritic dogs as it allows the muscles to get a work-out without putting weight on the joints.

## Medications

One of our vets may prescribe NSAIDs for your pet to help it with the pains of old age. NSAID stands for non-steroidal anti-inflammatory drug. There are supplements available (called nutraceuticals) which may help to improve the suppleness of your pet's joints. Alternatively, we may recommend that you change your pet's diet to better meet their nutritional requirements at this life stage.

One of our vets will carry out tests on your pet to see which medication will be most suitable for its needs.

## Contact:

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