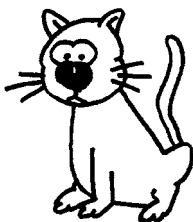




placerville veterinary clinic

6610 Mother Lode Drive Placerville California, 95667

tel 530.622.3943 fax 530.622.2192 email info@placervillevet.com



Prevention and treatment of arthritis

Most large dogs develop arthritis as they age. Although there are no miracle cures, there is much that can be done to make these pets more comfortable and improve their lives.

Make sure your dog has a soft, comfortable place to sleep:

Your dog's bed should be as comfortable as your own, but softer. An old baby mattress is good, or you can make one from soft foam rubber, the thicker the better. For large dogs, elevating the bed about eighteen inches off the floor is very helpful.

Provide gentle regular exercise:

Once around the block two or three times a day is about right. Avoid strenuous activity on the weekends alternating with little or no activity during the week.

Provide a healthy diet:

Older dogs are often overweight. This discourages them from getting the exercise they need and causes needless stress on their joints.

The ideal diet for middle-aged and older dogs would be low in calories and formulated to help clean the teeth. It would also contain therapeutic amounts of glucosamine, MSM and Omega-3 fatty acids. Unfortunately, no commercial dog food currently available does all these things. The best answer is to feed a low calorie dental diet and add nutritional supplements.

Food choices include:

Good	Iam's Weight Control	328 calories / cup	grocery store
Better	Science Diet Oral Care	273 calories / cup	pet store
Best	Hill's Rx t/d	273 calories / cup	veterinarian

Add nutritional supplements to promote joint health:

A large dog (60-80 lbs.) should receive about 2,000 mgm of glucosamine, 1,500 mgm of MSM and 3,000 mgm of Omega 3 fatty acids daily. Larger or smaller dogs get proportionally more or less.

Relieve pain and inflammation:

Veterinarians now have prescription drugs for arthritis in dogs that are similar to medications prescribed for people. These drugs are much more effective than aspirin and for long-term use, much safer. They are expensive (a dollar or more per day), but make a huge difference in the lives of arthritic old dogs.

Supplement choices:

Good:



One glucosamine / msm capsule twice daily and three fish oil capsules twice daily.

Better:



I scoop Synovi G3 twice daily in food.

Best:



One scoop Synovi G3 twice daily in food and one teaspoonful Nordic Natural cod liver oil once daily in food.

These amounts are for a large (60lb. – 80 lb.) dog.
For larger or smaller dogs, use proportionately more or less.