



## Osteoarthritis

Osteoarthritis (OA) is a painful disease that affects 1 in 5 dogs. It is characterized by pain and inflammation of the joints.

### SIGNS OF OA

May include one or more of the following:

- Limping
- Difficulty rising from a resting position
- Difficulty climbing stairs
- Lagging behind on walks
- Change in behaviour

### WHAT CAN BE DONE

- Medication – anti-inflammatory drugs can help alleviate pain and reduce inflammation of the joints
- Weight control – to ensure there is no excessive strain on the joints
- Exercise – gentle, regular exercise to keep the joints moving and the muscles toned
- Bedding – soft, warm bedding to allow for comfort and rest
- Supplements - certain supplements may aid in reducing inflammation, promote healthier cartilage, and boost the immune system

