

GENERAL RECOMMENDATIONS FOR ARTHRITIS:

Medical management of osteoarthritis (OA) requires a short- and long-term plan because the symptoms arthritis can often be managed but arthritis cannot be cured. Careful communication with your veterinarian is important so a plan that works for both you and your pet is developed. Some of the factors that influence the plan include patient age and breed, cause of arthritis and the duration and severity of the symptoms. The treatment plan generally incorporates weight loss if needed, use of a nonsteroidal anti-inflammatory drug (NSAID), use of an omega-3 fatty acid supplementation in the form of a prescription diet (e.g. Purina J/M or Hills J/D), controlled activity (e.g. leash walks, swimming, cavalettis) and pain medication (e.g. Amantadine) if needed. Adequan, and FDA-approved disease-modifying osteoarthritis drug, is used in some situations to reduce cartilage loss in a joint. Even if your pet had surgery, often these are incorporated into the long-term treatment plan to limit symptoms of arthritis that might develop in the future.

There are many alternative therapies (not approved or regulated by the FDA) that can be considered for the treatment of OA. While these options are plentiful, the scientific support for their use is generally limited. Examples include Wellactin omega-3 fatty acid supplements, cetyl myristoleate, glucosamine and/or chondroitin products, Duralactin, Niacinamide, cold laser therapy, prolotherapy injections, biologics (e.g. platelet rich plasma, protein products, stem cell injections) and acupuncture.

Feel free to discuss recommendations with one of our surgeons (480) 674-3200.

Resources:

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Smith GK, Paster ER, Powers MY, Lawler DF, Biery DN, Shofer FS, McKelvie PJ, Kealy RD. Lifelong diet restriction and radiographic evidence of osteoarthritis of the hip joint in dogs. *J Am Vet Med Assoc.* 2006 Sep 1;229(5):690-3.

Marshall WG, Hazewinkel HA, Mullen D, De Meyer G, Baert K, Carmichael S. The effect of weight loss on lameness in obese dogs with osteoarthritis. *Vet Res Commun.* 2010 Mar;34(3):241-53. doi: 10.1007/s11259-010-9348-7. Epub 2010 Mar 17.

Roush JK, Cross AR, Renberg WC, Dodd CE, Sixby KA, Fritsch DA, Allen TA, Jewell DE, Richardson DC, Leventhal PS, Hahn KA. Evaluation of the effects of dietary supplementation with fish oil omega-3 fatty acids on weight bearing in dogs with osteoarthritis. *J Am Vet Med Assoc.* 2010 Jan 1;236(1):67-73.

Lascelles BD, Gaynor JS, Smith ES, Roe SC, Marcellin-Little DJ, Davidson G, Boland E, Carr J. Amantadine in a multimodal analgesic regimen for alleviation of refractory osteoarthritis pain in dogs. *J Vet Intern Med.* 2008 Jan-Feb;22(1):53-9.

Upchurch DA, Renberg WC, Roush JK, Milliken GA, Weiss ML. Effects of administration of adipose-derived stromal vascular fraction and platelet-rich plasma to dogs with osteoarthritis of the hip joints. *Am J Vet Res.* 2016 Sep;77(9):940-51.

<https://www.fda.gov/animal-veterinary/animal-health-literacy/controlling-pain-and-inflammation-your-dog-nonsteroidal-anti-inflammatory-drugs>