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About Osteoarthritis

Osteoarthritis or “OA,” is a degenerative joint disease. It is defined as the progressive and permanent long-term deterioration of the cartilage surrounding the joints. Arthritis is the medical term for inflammation of the joints, while osteoarthritis is a term referring to a form of chronic joint inflammation caused by deterioration of joint cartilage. OA can affect both dogs and cats, but can be managed with diet, non-prescription supplements, non-invasive treatments and prescription medication, if needed.



Recommended Therapy Progression:

- **Joint Diet:** Adjusting your dog’s diet is the easiest way to combat OA. Your veterinarian can prescribe a balanced diet that centers on reducing excess weight while reducing inflammation with ingredients like omega-3’s and hyaluronic acid. MVVC recommends Purina HA or Royal Canin Joint Mobility Diet.
- **Omega-V3 Softgels:** Omega-3s support heart health and joints, improve kidneys and boost the immune system—but the dosage for each condition varies. They are potent antioxidants that help reduce inflammation and pain. For efficacy, look for high levels of DHA and EPA. For reference, a 25 lb. dog should get 500 mg of combined DHA and EPA per day. Omega-V3 Softgels contain 600 mg of DHA and EPA.
- **Movoflex:** This flavored chew is a nutraceutical that can be started at an early age before symptoms of OA begin. Key ingredients include eggshell membrane, tumeric, frankincense, vitamin D, and HA. These aid in overall joint health and help to reduce inflammation in the joint. Eggshell membrane is shown in clinical studies to increase activity and mobility within 28 days or sooner. Clinical trials of Movoflex have demonstrated a strong treatment response in contrast to most joint supplements.

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- **Flexadin:** Flexadin is a nutraceutical that contains UCII cartilage that trains the body not to overreact to joint cartilage, similar to allergy drops which desensitize the body's immune response to allergies over time. UCII will travel to the joint space so that the body will attack the UCII instead of the body's own cartilage, reducing inflammation in the joints.
- **PRP:** PRP or "Platelet Rich Plasma" is a regenerative therapy in which platelets are extracted from your pet's blood and processed into a platelet-rich plasma fluid. This plasma fluid is then re-injected into the patient. The platelets travel through the blood stream to the sources of inflammation (OA) and help to repair the damaged joints. While this therapy will not eliminate the pet's OA, it does aid in joint comfort. Full effects of the treatment can be seen within 14 days and can last up to four months.
- **Adequan:** Polysulfated glycosaminoglycan (PSGAG), or Adequan is used to alleviate lameness, pain, and lowered range of motion caused by OA. This is a regenerative therapy that can be administered at home with SQ injections. Adequan inhibits many of the enzymes that degrade joint cartilage and helps reduce inflammation and pain while stimulating new cartilage and restoring joint lubrication. It is the only FDA approved disease-modifying osteoarthritis drug. It takes four weeks to see the full effect.
- **NSAID's/Pain Control:** Non steroidal anti-inflammatories help to reduce inflammation and block pain receptors. Baseline labwork should be evaluated prior to starting medication. These medications can increase liver and kidney values, and we recommend regular monitoring 30 days after starting medication—and then every 6 months—to ensure patient safety. Most of these medications are given every 12 to 24 hours, and are normally safe for long term use.

Have more questions? We are happy to help you evaluate the options for your pet.