

# DOWNES

Veterinary Surgeons

## 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 the owner.

The good news is that there are now some great medicines to help older cats and dogs with chronic pain. They are quite safe, and 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 that your pet is not overweight – and if it is, you must stick rigidly to any diet plan that you are given for it.

Too much exercise can be bad for an old dog – some dogs are so eager to please their masters that they will literally play fetch or walk until they drop. Bear this in mind and help your aging pet to get exercise, but take things easy – or you could put your dog into “super-sore” mode.

Swimming 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 other very clever medications (called nutraceuticals) which actually help to improve the suppleness of your pets joints by supplementing its diet.

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

*Never mind Bonnie,  
they make me feel  
fantastic!*



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*If you're not sure how to do it – phone us up – we'll talk you through it!*