



Cleary Lake Veterinary Hospital
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Small Animal Edition

April 2010

Cats get arthritis too!

Osteoarthritis is a common, yet seldom diagnosed disease in cats. Osteoarthritis involves decreased flexibility and lubrication of joints resulting in pain and stiffness. As cats age they tend to spend more and more time sleeping, so it can be challenging to identify whether they are just naturally slowing down or experiencing pain. Besides decreased activity, other signs might include decreased grooming, disliking being stroked or brushed, unusual sleep patterns, soiling outside the litter box, hiding, avoiding human interaction, reluctance or inability to jump as high, and more obviously, a stiff gait or limping.

Helping the cat with osteoarthritis involves nutritional and environmental support, and may include medication. Nutritionally, omega 3 fatty acids, glucosamine and chondroitin sulfate have anti-inflammatory effects, reduce joint pain and improve joint function. These items can be found in specialized diets or as dietary supplements. Hill's has just introduced a new diet called *J/D Feline*, created specifically for cats with osteoarthritis pain. Pharmacologically, NSAIDs (non-steroidal anti-inflammatory drugs) may be appropriate for some cats. Acupuncture and Chiropractic care can also play an important role in helping cats with osteoarthritis. Cleary Lake Veterinary Hospital now offers both of these therapies. Please call with questions.

At home, you can help the arthritic cat by ensuring litter boxes and favorite sleep spots are accessible. Using a lower box and putting it in a convenient location will decrease distances and stairs traveled. Step stools also come in handy for cats that need to climb up.

Remember, subtle behavior changes in your cat may be caused by the development of osteoarthritis. Please schedule an exam appointment with one of our veterinarians to determine if osteoarthritis treatment can improve your cat's quality of life.

-Janell Abram, DVM

Find us on Facebook!

Top 9 Human Medications that poison pets!

Human NSAIDs

(Advil, Motrin, Aleve, etc)
Intestinal Issues
Kidney Failure

Acetaminophen

(Tylenol, etc)
Damages red blood cells
Liver Damage

Antidepressants

(Effexor, Cymbalta, Lexapro, etc)
Tremors
Seizures
Dangerous increase in heart rate
& increases in blood pressure

ADD & ADHD Medications

(Concerta, Adderall, Ritalin, etc)
Heart Problems
Elevated body temp

Benzodiazepines & Sleep Aids

(Xanax, Ambien, Lunesta, etc)
Severe lethargy
Slowed breathing

Oral Contraceptives

(birth control pills, etc)
Bone marrow suppression

ACE Inhibitors

(Zestril, Altace, etc)
Can cause an unsafe drop in blood pressure

Beta Blockers

(Tenormin, Toprol, Coreg, etc)
Can cause an unsafe drop in blood pressure
Very low heart rate

Cholesterol Lowering Agents

(Lipitor, Zocor, Crestor)
Vomiting and Diarrhea – risking dehydration

ASPCA Pet Poison Control

1-888-426-4435

SAVE THE DATE

*Client Appreciation Night
& Open House
July 21st, 5pm-8pm*