

Opening hours & contact details

We are here to provide professional and caring attention for your pet. *Please note that consultations are by appointment.*

Charlestown Animal Hospital: (02) 4943 6066

6 Smith Street, Charlestown
Just off the Highway, between Ridley Street and Ida Street.

Surgery Hours

Mon–Fri:	8.30am–6.00pm
Saturday:	8.30am–1.00pm

Lake Veterinary Hospital Belmont: (02) 4945 9677

18 Maude Street, Belmont
Turn off the Highway at Aldi, we are located opposite the Baptist Church.

Surgery Hours

Mon–Fri:	8.30am–6.00pm
Saturday:	8.30am–12.00pm

Swansea Veterinary Surgery: (02) 4971 4062

130 Pacific Highway, Swansea
Easy parking outside our front door or parking available at rear.

Surgery Hours

Mon–Fri:	12.30pm–4.30pm
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Please note that consultations are by appointment.
For more information visit www.lakevet.com.au



Your pets are part of our family too!

Arthritis



Does your pet suffer
from arthritis?



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www.lakevet.com.au

Arthritis help for dogs and cats



Arthritis in cats and dogs is a major factor influencing their ability to lead a quality, active life as part of your family. The condition, which is an inflammation of the joints, affects mainly older pets but can be seen in middle-aged pets as well.

Factors that predispose a pet to becoming arthritic include age, obesity, breed and activity levels through life. The larger breeds of dogs, such as Labradors, Rottweilers, Golden Retrievers and Boxers, are often more affected, however, medium-size active breeds such as Staffordshire Bull Terriers, Cattle Dogs and Border Collies can suffer as well.

Your pet may be arthritic but may not necessarily be in obvious pain and you should look for the following signs that may indicate the presence of arthritis:

- ✓ a reluctance to walk, jump, play or move spontaneously
- ✓ limping or joint stiffness, especially after exercise or a night's sleep
- ✓ licking or biting of joints of the lower limbs
- ✓ change in personality to become less happy, or even aggressive, when handled
- ✓ difficulty in rising from a resting position, climbing stairs or getting in the car.



Winter and cold weather often aggravate these symptoms. Owners should be aware of what therapies are available to reduce the discomfort of arthritis as it is a progressive condition that gets worse with time.

Identifying the early warning signs and initiating early treatment will assist your pet to have a better long-term quality of life. We may recommend X-rays and blood tests before any treatments commence.



Treatments available

- **Cartrophen injections** – these injections assist with joint cartilage repair and improve mobility. We give initially a four-week course of weekly injections that may be repeated in six to 12 months as they have a long-term effect. They are safe and painless in cats and dogs and can be combined with other therapies.
- **Anti-inflammatory medications** – these medications reduce joint inflammation and pain and often give fast relief to the discomfort of arthritis. Newer medications are safer for older animals but we are careful not to harm your pet with long-term medications, so regular blood tests may be recommended.
- **Weight loss** – reducing excessive body weight will be of more benefit to your pet than any medication available. Obesity treatment by reduced food intake or special weight loss diets will be of great help in improving your pet's mobility and desire to exercise, combined with the other treatments available.
- **Regular exercise** – maintaining your pet's mobility is most important to ensure that muscle tone is not lost so that the animal has good joint support. We encourage all arthritic pets to exercise as much as comfortably possible. Swimming is an excellent activity as it is non-weight-bearing and yet allows comfortable joint mobility.
- **Special diets** – available now to help arthritic pets are special diets that contain fatty acids, glucosamine and fish oils. High quality dry foods for seniors are also available to assist in alleviating arthritic signs. Please ask our staff for a diet suitable for your pet.

If you feel that your pet is showing any of the clinical signs of arthritis we have described, please do not hesitate to ask any of our staff for advice or make an appointment for a consultation to ensure that your pet has a comfortable, active and happy life with you and your family for as long as possible.

