

# NEWS

## CHRISTMAS AND NEW YEAR OPENING TIMES

Friday 24<sup>th</sup>: 9 am – 4 pm  
Saturday 25<sup>th</sup>: CLOSED  
Sunday 26<sup>th</sup>: CLOSED  
Monday 27<sup>th</sup>: CLOSED  
Tuesday 28<sup>th</sup>: 9 am – 5 pm

Friday 31<sup>st</sup>: 9 am – 4 pm  
Saturday 1<sup>st</sup>: CLOSED  
Sunday 2<sup>nd</sup>: CLOSED  
Monday 3<sup>rd</sup>: CLOSED  
Tuesday 4<sup>th</sup>: 9 am- 5 pm

In case of emergency please contact  
Pets A&E on 0141-429-3800

## ARTHRITIS

Osteoarthritis is a painful degenerative disease of the joints that is common in both humans and animals. The consequences of this disease for the affected pet are reduced joint mobility and pain, resulting in lameness or stiffness and a very much reduced quality of life. It is therefore an important disease to both identify and manage effectively.

Joint disease is common in pets and is thought to affect up to 20% of the dog population with around 95% of affected individuals being over 5 years of age. The number of affected cats becomes harder to know due to the more subtle signs that cats often show. However with up to 95% of cats over 12 years of age showing x-ray evidence of joint degeneration in one study, the number of affected cats appears to be higher than we commonly realise.

Things to watch out for include reluctance or reduced ability to jump, decreased jumping height, stiffness in gait, changed activity levels, changed personality, reduced appetite or reduction in grooming.

Management options for pets with joint disease need to be tailored to the individual but steps that can be effective include one or more of the following: anti-inflammatories, weight management, environmental modification, modified exercise, physiotherapy and joint supplements.

What are joint supplements?

Joint supplements are not drugs but are food supplements (also known as nutraceuticals) and are commonly recommended as an aid to managing joint disease. Typically they contain substances useful for the repair of the joint affected and contain substances such as glucosamine, chondroitin sulphate and green-lipped muscle. These substances are an aid in maintaining normal joint structure and function. They are reduced in the diseased joint and their supplementation can aid joint repair, more normal joint function and reduction in inflammation. These potential effects make them an ideal addition to any joint management program.

Not all joint supplements are the same:

The International Centre for Nutritional Excellence have found that 6 out of 10 high street joint supplements fail to meet their label claim.

There are two different types of Glucosamine-hydrochloride and

sulphate. Glucosamine hydrochloride is natural and is found in every living organism it is also very stable and has a long shelf life. On the other hand, Glucosamine sulphate is a man made synthetic molecule with over 20% of it being salt that is added to maintain stability. Excessive salt is not good for the heart and more importantly there is 75% less glucosamine in one gram of sulphate than there is in the equivalent hydrochloride version.

The ingredients of different joint supplements vary and not all are adequately absorbed into the body.

When buying products that contain chondroitin sulphate if they are to be of any benefit, it is critical they contain a digestible and absorbable source that should ideally be mammalian. If it contains a marine source such as shark cartilage, not only will the absorption be 10% less than that of a mammalian but also it may not be a sustainable source.

It is also advisable to use a veterinary product rather than a human product. Veterinary brands are specifically formulated to suit dogs and cat and have accurate dosing instructions.

What else can be done to help?

If you have a pet with suspected joint disease there are a number of simple but helpful steps you can take to help. These include placing food and water bowls in easy to reach locations, locating bedding and rest areas out of draughts where the cat can easily gain access. Gentle grooming may also help your pet to feel brighter if he is unable to do it himself. If you think that your pet may be showing signs of joint disease, or you have any questions about using supplements in your pet

please do not hesitate to contact us here at the surgery.

### NEW ARRIVALS



CANDY  
Japanese Akita  
crossbreed



KARA  
German Shepherd



SKYE  
West Highland White  
Terrier





ROCCO  
German Shepherd

HOOPY  
Border Collie



HONEY  
Staffordshire Bull Terrier

Caviller King Charles Pups!



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