

PROTECT the moments that matter

These osteoarthritis (OA) treatment sheets have been created for owners to take home and to facilitate the discussion about canine OA with them, at the point of diagnosis.

They have been designed to:

- Provide you with concise answers to the most common questions owners have about OA in their dog in your short consult
- Give your client a personalised OA management plan, using tick boxes, recording check-up dates and actions to keep track of the dog's progress
- Be an informative take-home resource for owners, reiterating the advice given to them during consult
- Give owners practical advice about positive changes they can make in their home to help

If you have any questions about OA, please talk to one of the practice team.

Galliprant is indicated for the treatment of pain associated with mild to moderate osteoarthritis in dogs. Galliprant contains grapiprant. Legal category POM-V (UK), POM (IE). Further information is available from the product package leaflet. Advice should be sought from the Medicine Prescriber. Further information is available from the Summary of Product Characteristics. For further information call Elanco Animal Health on +44 (0)1256 353131 or write to: Elanco UK AH Limited, Form 2, Bartley Way, Bartley Wood Business Park, Hook, RG27 9XA, United Kingdom.

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OSTEOARTHRITIS IN YOUR DOG

What is osteoarthritis?

Osteoarthritis, or OA, is a common form of arthritis in dogs. It's a progressive degenerative disease which causes pain, inflammation and swelling in joints. However, with the right management, your dog can continue to enjoy a good quality of life.

Is OA an old dog's disease?

Canine OA can be caused by traumatic injury, such as a fracture or a ligament injury, or by developmental abnormalities of the joints, such as elbow or hip dysplasia.

Certain breeds are predisposed to abnormally formed joints which are less able to move freely, causing inflammation and leading to OA.

Because these abnormalities are present from birth, the signs of OA can be seen from a young age.

Is my dog in a lot of pain?

OA is known to be a painful condition. However, dogs do not routinely express pain through vocalisation; instead they tend to just keep going. The good news is, there are many options available to help your dog to feel more comfortable and enjoying a happy, long life.

Will my dog get better?

Your dog's OA will progress over time, but your vet will work with you to keep your dog comfortable. Together you will develop a management plan that suits both you and your dog and can be adapted as the condition progresses. If left unmanaged then the disease will progress more quickly.

Why haven't I noticed it before?

OA can be difficult to spot because changes happen gradually and dogs adapt to pain by altering how they move and rest. Each dog will be affected differently too.

Your dog's management plan

There are many ways you can help manage your dog's OA.

Here's a personalised management plan below:

Pain relief

NSAIDs (non-steroidal anti-inflammatory drugs) and newer targeted treatments are frequently prescribed as pain relief. They can improve mobility and quality of life by reducing the stiffness and soreness associated with OA.

Medication:

Dose:

Frequency:

Signs to look out for:

Healthy weight & diet tips

The weight of your dog can have a massive impact on OA, as overweight dogs have more pressure on their joints. Adapting your dog's diet for weight loss can help reach an optimum weight.

Current weight/BCS:

Weight loss recommended:

Target weight:

Recommended diet:

Exercise

Shorter, more frequent walks are key for dogs with OA, also make sure they don't overdo it when playing. It's key to tailor exercise for your dog. Walk at their pace, and when they start to slow down, maybe it's time to come home.

Recommended low-impact activities:

Other recommendations

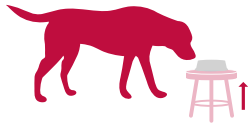
OA management needs reassessing frequently to ensure your dog remains comfortable and happy.

Unless you have any concerns before, please book another appointment for:

HELPING YOUR DOG AT HOME

There are a range of physical and lifestyle changes that you can make at home, which are hugely beneficial in minimising pain, stiffness and further injury of OA.

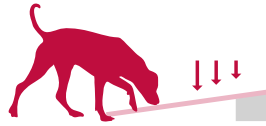
Created in conjunction with Hannah Capon, MA Vet MB MRCVS and Founder of Canine Arthritis Management.



FEED BOWL

Signs: Awkward posture when eating or eating slowly. Be aware there may be no signs at all, but reaching down to eat may be difficult.

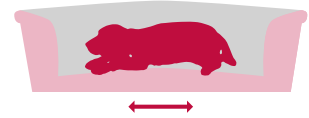
Adaptations: Raise bowls and ensure that they are located in low traffic, open access and non-slip areas.



STAIRS AND STEPS

Signs: Hesitation, struggling to climb, descending fast and out of control.

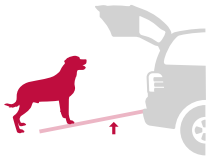
Adaptations: Introduce a ramp or lower step and restrict access with a baby gate for staircases.



DOG BED

Signs: Struggling to settle, poor sleep, reluctance to use.

Adaptations: Ensure bed is deep enough, firm enough, large enough for dog to lay out, and located away from draughts.



CAR

Signs: Reluctance to jump in and out of car, struggling to settle once in car, or stiff after a journey.

Adaptations: Help your dog get in and out. Lift small dogs or use a ramp or steps. Have a comfortable bed for travel.



GOING FOR A WALK

Signs: Less enthusiastic about walking, slowing quickly or being very stiff later in the day.

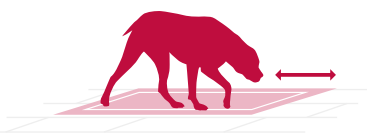
Adaptations: Provide daily, consistent, low-impact exercise. Choose slower paced games. Remember to account for the return journey.



OUTDOOR TOILETING

Signs: Awkward movements, difficulty accessing toileting area or toileting accidents.

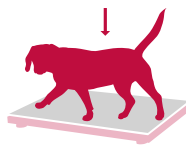
Adaptations: Encourage your dog to toilet in an area that is accessible via flat, firm terrain and is close to the house.



HARD FLOORS

Signs: Slipping, hesitance when walking, altered gait.

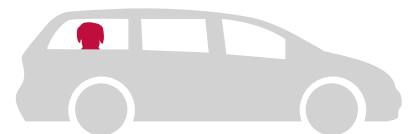
Adaptations: Lay non-slip rugs in areas frequently used by your dog, e.g. feeding areas, hallways.



EXCESS WEIGHT

Signs: Ribs are not easy to feel, no obvious waist when viewed from above.

Adaptations: Diet should be targeted at achieving good body condition to reduce strain on joints.



SHORT TRIPS AWAY FROM HOME

Signs: Short-term visits away from the home, e.g. friends and family.

Adaptations: Watch out for steps, stairs, slippery floors and obstacles. Limit contact time with other, more 'bouncy' dogs.

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