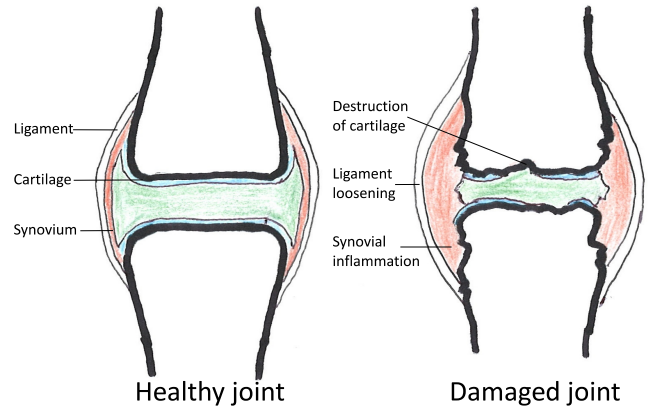


Osteoarthritis (OA)

Arthritis literally means inflammation of the joint. There can be multiple different causes of this - for example trauma, infection, immune problems etc. However, the most common form that we see day to day is Osteoarthritis. This is usually secondary to a primary joint condition, ie: hip dysplasia in Labradors or German Shepherds.

Osteoarthritis is characterised by the degeneration of the protective cartilage lining the joints. In the long term this destruction causes swelling of the joint and its capsule and leads to new bone spurs being deposited around the joint (osteophytes). This is seen as the swollen sore joints we associate with arthritis. As the cartilage continues to degrade inflammatory molecules are released that perpetuate the cycle of destruction.



What signs do we see?

Often patients who suffer OA are older but occasionally, and if there is a history of trauma, younger animals will suffer. Pets may seem stiff, especially after waking up in the morning or a few hours after more strenuous exercise. Larger breeds such as Labradors or German Shepherds will often show this in their hind limbs, but cats may show this more in their fore limbs because of their tendency to jump down off high surfaces. Pets may also be more reluctant to jump onto a chair or into the car, and some may just look expectantly at the surface they would have previously used. Licking at particular joints may also indicate that they are sore.

What can we do?

OA is not a condition that can be cured, but can be controlled well. There are multiple different ways of tackling the problem that usually centre around providing pain relief, slowing cartilage breakdown, boosting cartilage production and/or blocking the inflammatory molecules.

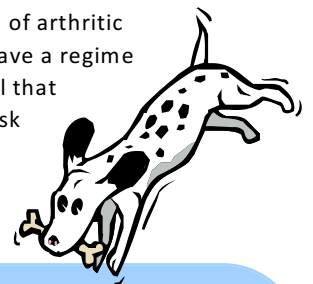
The most important form of control is weight control and controlled exercise. Weight reduction helps to reduce wear and tear on the joint(s), thus limiting the progression of the disease. Exercise should be short frequent bouts on soft surfaces to reduce the impact on the joints. Exercise should be frequent, however, as it does promote good joint structure and helps supportive muscular development around the affected joints. Hydrotherapy can be particularly good for osteoarthritic joints due to its non-load-bearing nature.

What treatments can we give?

There are multiple therapies that can be used to help in the control of OA. These are:

- **Analgesia (non-steroidal anti-inflammatory drugs):** They provide pain relief, but also block some of the inflammation and therefore help to slow disease progression.
- **Chondroprotectants:** These include glucosamine/chondroitin as well as other products such as green-lipped mussel extract, omega 3 fatty acids etc. The aim of their use is to slow cartilage breakdown and promote repair. These products come in oral tablets/capsules, included in specific OA diets and in injectable preparations.
- **Anti-inflammatory agents:** These help block the inflammation pathways that progress the disease. Non-steroidal drugs, as mentioned previously, provide this action as well as providing pain relief.

There are many options for medication of arthritic pets, and each individual patient can have a regime tailored to them specifically. If you feel that your pet suffers from OA, feel free to ask for advice and take an OA leaflet from reception that discusses treatment options in greater detail.



Sponsored Swim



On the 27th September 2009, Martin Law and Jo Langford finally managed, after two cancelled attempts, to swim across the Solent. The swim took approximately two hours and both managed to reach the other side unaided. They would like to thank everyone who sponsored them as they raised over £200 for the charity Champion Behaviours that sets up workshops for children facing exclusion. A lucky winner has been selected from the raffle and their cat will be the recipient of a months supply of Hills pet food!

How to Save Money on Your Small Animal Vets' Fees ...



Pet Health Plans

At Endell Veterinary Group we believe preventative healthcare is very important and by having this in place it can save a lot of money in vets' fees by picking problems up at an early stage when they will be much cheaper to treat. Our Pet Health Plans are designed to save you money on preventative healthcare such as vaccinations, flea and worm control and offer discounts on consultations, drugs and operations (a 15-24% saving), plus you spread out the cost into easy monthly payments.

Please ask about our health plans when you next visit us or telephone 0800 169 9958 for more information.

	Monthly Premium		Monthly Premium <10kg	Monthly Premium 10-20kg	Monthly Premium 21-40kg	Monthly Premium 40kg+		Monthly Premium
Kitten	£11	Puppy	£11	£12	£13	£14	Rabbit	£8
Adult Cat	£12	Adult Dog	£12	£14	£15	£18		
Older Cat	£14	Older Dog	£12	£14	£16	£18		

Discounted Clinic for Pensioners

Every Tuesday the small animal department runs a discounted clinic for pensioners between 10am and 4pm. Any clients who are pensioners themselves or any client who owns a 'pensioner' dog or cat (those ten years or older) will qualify for a 10% discount (some conditions apply) on consultations, medications, Hill's pet food and operations (15% off dental procedures) booked within one month of recommendation. £5 off urine tests and £25 off blood tests for health screening are also available. (Conditions apply.)

For more information or to book an appointment, please telephone us on 01722-333291.

Staff News...

Jo Rolf RVN

Congratulations to Jo Rolf who has passed her NVQ Level 3 Veterinary Nursing exam and is now fully qualified. She has been at the practice for 3½ years but may now become more familiar to you as she starts taking clinics.



Jen Blake RVN

We are also pleased to welcome Jen Blake back to the practice. Jen worked for the practice earlier in the year, running nursing clinics, before taking time out to travel. We are very pleased that she has joined the practice again on a full time basis. As part of her role Jen will be running a special promotion Pensioners pet clinic for the month of January.

Please remember to ensure you order your repeat prescriptions and food in plenty of time for the Christmas break!

Christmas and New Year Opening Times

Thursday 24 December 8.30am to 1pm, by appointment

Christmas Day, Boxing Day, Sunday 27 and Monday 28 December Emergencies Only

Tuesday 29 and Wednesday 30 December . . . Normal hours

Thursday 31 December 8.30am to 1pm, by appointment

New Year's Day Emergencies Only

Saturday 2 January Onwards Normal hours

In case of emergency, please call:

01722-333291



Following government medicines regulations that came into effect on 1 November 2005, we would like to advise you of the following:

Prescriptions are available from this practice. You may obtain Prescription Only Medicines, Category V, (POM Vs) from your veterinary surgeon or ask for a written prescription and obtain these medicines from another veterinary surgeon or a pharmacy.

Your veterinary surgeon may prescribe POM Vs only for animals under his or her care. A prescription may not be appropriate if your animal is an in-patient or immediate treatment is necessary.

You will be informed, on request, of the price of any medicine that may be prescribed for your animal.

The general policy of the Small Animal Department of this practice is to reassess an animal requiring repeat prescriptions every six months, but this may vary with individual circumstances. The standard charge for a re-examination is £20.92.

The current prices for the ten POM Vs most commonly prescribed or supplied during a typical three month period are displayed in our waiting room. Further information on the prices of medicines is available on request.

From 1 November 2008, written prescriptions are £7.20.

Repeat prescriptions are available at forty-eight hours' notice, Monday to Friday.