

 **PURINA**[®]
PRO PLAN[®]

Understanding your dog's

JOINT HEALTH



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Your Pet, Our Passion.[®]

Why is good joint mobility so important?

Joint health issues are some of the most common conditions affecting dogs – it is estimated that as many as one in five dogs over 12 months old are affected with osteoarthritis. Although dogs of any age may be affected, osteoarthritis is more common in older dogs (like in humans), and it tends to be more common in overweight or large breed dogs.

Some dogs are also more likely to develop joint issues as a result of inherited joint abnormalities (such as hip or elbow dysplasia), or as a result of injuries to the joint.

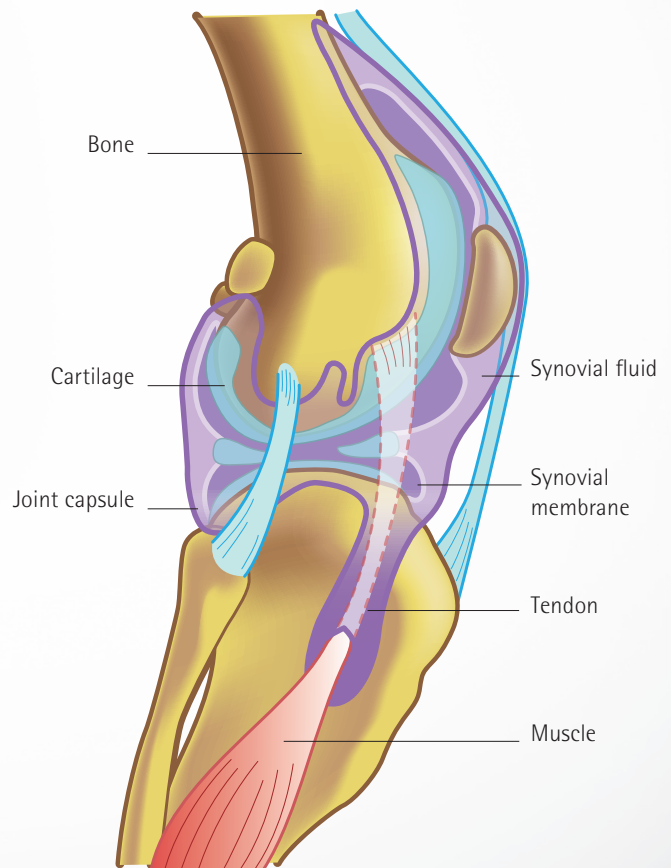
Managing joint pain and inflammation is extremely important in preserving the health and vitality of your dog and providing them with a good quality of life.



Understanding joint inflammation:

In healthy joints, a layer of cartilage covers the ends of the bones, creating a smooth gliding surface for the joint. A normal joint is surrounded by a joint capsule that is lined by a thin layer of cells (the synovial membrane) that is responsible for producing the joint fluid (synovial fluid) which lubricates the joint and reduces friction as the dog moves.

Damage to these areas or inflammation affecting them will injure the cartilage and interfere with the normal function of the joint. This will cause pain and stiffness, and will weaken the joint. Often, dogs with osteoarthritis have more than one joint affected.



What are the signs of joint health issues?

Joint health issues, and especially osteoarthritis, tend to be progressive conditions. Early signs will be mild and easily overlooked, whereas later the signs become much more obvious. By observing your dog, you can help alert your vet to any early signs, which may include:

- Reluctance to walk or walk as far as previously.
- Difficulty getting up in the morning or after lying down.
- Stiffness after getting up in the morning or after lying down.
- Difficulty climbing up or down stairs.
- Limping or stiffness when walking or running.

Diagnosing your dog's joint issue:

As uncontrolled inflammation will cause further damage to the joints, an early diagnosis by your vet is important. If you notice any signs that suggest joint disease, contact your vet as soon as possible. Your vet may detect joint pain, swelling or abnormalities in the movement of the joints, and sometimes an X-ray will be suggested to investigate further.



How are joint conditions managed?

You and your vet can work together to develop the best approach to keep your dog mobile and enjoying life. This usually involves multiple approaches but an important goal is to improve or maintain joint function, through reducing inflammation and helping to maintain healthy joint cartilage.



Management may include a combination of drugs (to reduce joint pain and inflammation), dietary manipulation (to help support joint mobility), weight management and controlled exercise (along with environmental changes).

Food is important.

Dietary therapy in joint conditions can be very powerful. Firstly, it is vital that your dog is not overweight as this will significantly exacerbate joint condition. Achieving and maintaining a normal body weight and body condition is an important initial step. In addition, we now know that nutritional support can play a major role in supporting dogs with joint conditions by providing ingredients which help maintain lean muscle, help support the natural anti-inflammatory process and help support healthy joint cartilage.

Benefits of feeding Canine JM Joint Mobility to your dog:



Joint support

Specially formulated to help maintain joint health.



Omega-3 fatty acids

To help support the natural anti-inflammatory process in the joints.



Increased antioxidants

Vitamins C and E to help reduce oxidative stress.

In addition, PURINA® PRO PLAN® Canine JM Joint Mobility contains a high level of protein to help your dog maintain a lean body condition.

The importance of exercise.

Regular exercise helps keep bones, muscles and joints healthy, but too much exercise for a dog with joint conditions may cause further damage. Your vet will advise you on the best level and type of exercise for your dog. If you are able to, taking your dog swimming can be very valuable as this provides good exercise for joints without putting stress on them.

Consistency is important as well, so plan activities that can be done on a daily basis. Consider also modifying the environment so that any activities your dog finds difficult can be avoided or minimised; for example a dog ramp to help your dog get in and out of the car.

PURINA®: a name you can trust.

With Canine JM Joint Mobility, you can be confident that you are providing your dog with optimal nutrition and care for his or her joints. PURINA® PRO PLAN® formulas are backed by strong science, so the latest nutritional findings can be applied to the development of innovative formulas.

Feeding guidelines for Canine JM Joint Mobility.

The following is recommended as a guideline only. You may need to adjust the amount fed to maintain your dog's optimal weight which is influenced by factors such as environment, activity, body condition and breed. Provide fresh water in a clean container daily. Canine JM Joint Mobility is also suitable for puppies. Please ask your vet for the feeding guidelines.

FEEDING RECOMMENDATIONS:

Body weight (kg)	Daily feeding quantities		
	Adult weight loss (g/day)	Adult maintenance (g/day)	Senior (g/day)
2.5	50	70	60
5	80	110	95
10	130	175	150
15	170	230	200
25	240	325	280
35	305	405	350
45	360	480	415
70	480	645	560

For each additional 5kg of body weight, feed an additional 35g, 10g or 30g of food for Adult Maintenance, Adult Weight Loss and Senior recommendation.

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Your veterinary clinic details:

For more information about PURINA[®] PRO PLAN[®]
contact your local sales representative or visit www.purina-proplan.co.uk

Ask the Experts
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Please note that all indications for PURINA[®] PRO PLAN[®] mentioned in this leaflet are for the dietary support of dogs with the listed conditions and do not preclude appropriate medical management. The veterinary diets should be used under veterinary supervision. [®]Reg. Trademark of Société des Produits Nestlé S.A.