

Memo: how can I improve my cat's mobility?



WEIGHT MANAGEMENT

"To keep my cat's weight in check, I give her a quality diet in the recommended quantities.

I also take care to divide up the meals and slow down the rate of ingestion with a special device, such as a puzzle feeder."

REGULAR MODERATE PHYSICAL ACTIVITY

"I get my cat to move around on a daily basis, by hiding his kibble in various places in his environment, using a kibble tube, moving his food or toilet areas away from his resting area, ... Once the painful crisis is over, I take time to play with him and stimulate him a little more."



JOINT SUPPORT

"I regularly check with my veterinarian what I'm giving my cat to help him feel better."



ADJUVANT THERAPIES

"I ask my veterinarian or his nurse for their recommendations."

REMEMBER: the progression of osteoarthritis is irreversible, but it can usually be slowed down and controlled. Regular management is therefore essential.

- (1) Bennett D, Zainal Ariffin SM, Johnston P. Osteoarthritis in the cat: 1. how common is it and how easy to recognise? J Feline Med Surg. 2012 Jan;14(1):65-75.
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(3) Vasiladiadis HS & Tsikopoulos K. Glucosamine and chondroitin for the treatment of osteoarthritis. World J Orthop. 2017; 8(1):1-11.
(4) Katanic J, Borja T, Mihailovic V, Nikles S, Pan SP, Rosic G, Selakovic D, Joksimovic J, Mitrovic S, Bauer R. In vitro and in vivo assessment of meadowsweet (Filipendula ulmaria) as anti-inflammatory agent. J Ethnopharmacol. 2016 Dec 4;193:627-636.
(5) Huang TH, Tran VH, Duke RK, Tan S, Chrusasik S, Roufogalis BD, Duke CC. Harpagoside suppresses lipopolysaccharide-induced iNOS and COX-2 expression through inhibition of NF- kappa B activation. J Ethnopharmacol. 2006 Mar 8;104(1-2):149-55.

**FOR MORE INFORMATION,
ASK YOUR VETERINARIAN
FOR ADVICE**

MY CAT'S MOBILITY

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by your veterinarian**

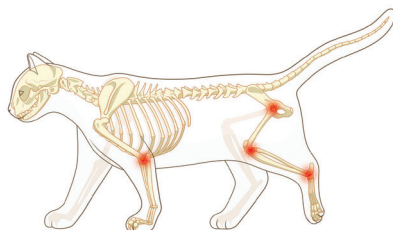
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DID YOU KNOW ?

61% of cats over 6 years old have signs of osteoarthritis in at least one joint. For cats over 14 years of age, this figure rises to 82%⁽¹⁾



Unlike dogs, cats with osteoarthritis rarely exhibit lameness (less than one in five). The changes associated with osteoarthritis are mainly behavioural and can be classified into 4 categories:

1. Mobility problems

The most obvious signs are hesitancy to jump, jumping lower than before, and difficulty going up or down stairs.

2. Reduced activity

The cat sleeps more often, plays less or refuses to play, hunts less, etc.

3. Limited grooming

Grooming is stopped or limited to certain areas, claws left longer, etc.

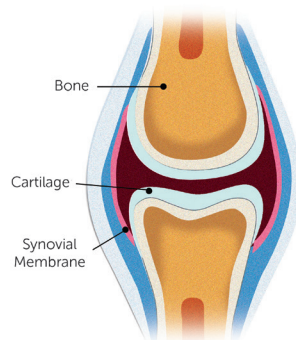
4. Behavioural's changes

The cat refuses contact with other cats or the owner, and is quieter than usual.

FROM THE HEALTHY JOINT...

A joint is a junction between two or more bone ends.

Muscles, tendons, ligaments, and the joint capsule ensure the stability of the joint. Cartilage absorbs shocks and helps the bones slide against each other. Synovial fluid acts as a lubricant.



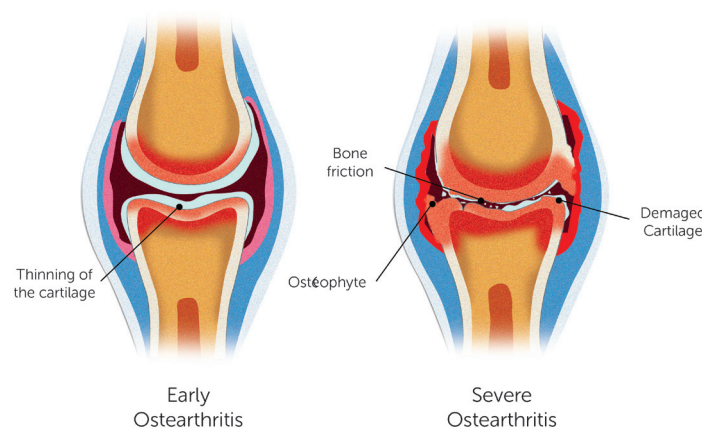
Normal Articulation

... TO OSTEOARTHRITIS

Osteoarthritis is a degeneration of the joint structure.

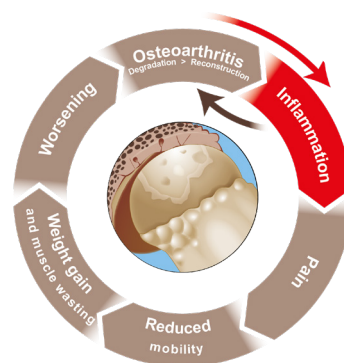
It begins with erosion of the surface layer of cartilage.

A cascade of inflammation then sets in, gradually spreading to all the structures in the joint. Areas of erosion and bone growths (osteophytes) appear, as a result of an imbalance between synthesis and degradation of cartilage and subchondral bone.



A VICIOUS CIRCLE...

This chronic, irreversible disease progresses and causes pain. The symptoms are initially discreet and inconsistent. At an advanced stage, **stiffness, muscle wasting and a reduced ability to walk** are observed.



... WHOSE DEVELOPMENT CAN BE SLOWED DOWN

It is possible to improve your cat's comfort and mobility, to slow the progression of osteoarthritis, and relieve the associated pain. **Veterinarians recommend acting in 4 areas:**

1 - Weight

Overweight and obesity are aggravating factors. As well as putting added strain on the joints, this leads to a chronic and generalised state of inflammation that can cause imbalances leading to osteoarthritis.

2 - Exercise

Regular, moderate physical activity is essential, even during painful flares. In particular, it helps to maintain good muscle mass and limit the risk of ankylosis.

3 - Joint health

During flares, anti-inflammatories and analgesics may be necessary. These will be prescribed by your veterinarian.

Complete food and feed supplements have been shown to be of interest. This is the case with essential fatty acids $\omega 3$ ⁽²⁾ and cartilage nutrients (glycosaminoglycans (glucosamine, chondroitin), collagen)⁽³⁾.

Certain plants are well known for their beneficial action in modulating inflammation, such as meadowsweet⁽⁴⁾ and harpagophytum⁽⁵⁾.

4 - Adjuvant therapies

Physiotherapy, osteopathy, acupuncture, hydrotherapy... These techniques have really earned their place in the management of arthritic cats.