

Metacam® 

PAIN COMES IN MANY SIZES.  
SO DOES RELIEF.



Cat's name:

**Osteoarthritis Home Monitoring Diary**



*Monitor your cat's progress and help them to stay pain-free and enjoy life!*



# CONTENTS

Your involvement is vital .....	4
What is feline osteoarthritis? .....	5
Why does my cat have osteoarthritis? .....	6
How is feline osteoarthritis diagnosed? .....	8
7 Signs of Osteoarthritis in Cats .....	9
Integrated care for a better quality of life .....	11
The Traffic Light Monitoring System .....	18
Understanding pain expression in cats .....	20
Home Monitoring Diary .....	22
Keep the monitoring going! .....	46
Weight monitoring diary .....	47

## YOUR INVOLVEMENT IS VITAL

Your cat has been diagnosed with osteoarthritis and your veterinarian has prescribed METACAM® to help manage the condition.

This booklet will help to answer many of the questions you may have.

The first part explains what osteoarthritis is, why your cat has it and what you can do to help give them the best possible quality of life.

The second part is a home monitoring diary for you to keep track of your cat's progress. This will help you and your veterinarian to make the best decisions for your cat's health.

By taking an active role in the management of your cat's osteoarthritis and keeping them as mobile and pain-free as possible, you can still enjoy a happy, active and fun life together!



## WHAT IS FELINE OSTEOARTHRITIS?

Feline osteoarthritis is an inflammatory joint condition that causes your cat pain and reduces their mobility.

Osteoarthritis affects the whole joint and causes joint swelling, cartilage breakdown and excess bony growth.

Osteoarthritis comes in waves—it flares up, then subsides, and then flares up again. Your cat may need more pain relief and less play time during flare-ups.



# WHY DOES MY CAT HAVE OSTEOARTHRITIS?

Osteoarthritis is extremely common in cats. It can affect cats of all ages but middle-aged and older cats are at greater risk. The older the cat, the greater the risk with studies showing that 61% of cats over 6 years of age and 90% of cats over 12 years of age suffer from osteoarthritis.<sup>1,2</sup>

For most cats, the underlying cause is unknown. The following factors have been shown to increase the risk of osteoarthritis in cats:

- **Cat breed**—osteoarthritis is common in domestic shorthair cats.<sup>3</sup> Some purebred cats have a greater risk of developing abnormally shaped joints including hip dysplasia in the Maine coon, Persian and Siamese and dislocating kneecaps in the Abyssinian and Devon rex.<sup>4</sup> These conditions result in uneven weight distribution through the joint.
- **Cat size**—large breed cats (e.g., Maine coon) and cats that are overweight may be at a higher risk as a result of the extra load they put on their joints.<sup>5</sup>
- **Joint injury**—this is an important risk factor in cats.<sup>5</sup> Injuries can cause abnormal stresses through the joint even after the injury appears to be healed.
- **Lifestyle**—cats with access to the outdoors are at greater risk, possibly due to an increased risk of accidental injuries and/or repetitive stress on the joints.<sup>5</sup>

Although there are a number of factors that may have caused your cat to develop osteoarthritis, what matters now is controlling pain and inflammation, maintaining mobility and slowing the progression of the disease. As your cat's best friend, your active involvement is vitally important to their well-being—the good news is that you can make a significant and noticeable difference to their quality of life.



# HOW IS FELINE OSTEOARTHRITIS DIAGNOSED?

There are normally 3 steps in the diagnosis of osteoarthritis:

- 1 You observe changes in your cat's behaviour and mobility.
- 2 Your veterinarian examines your cat.
- 3 Tests are conducted to confirm the diagnosis.

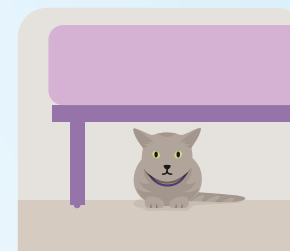
## 1 You observe changes in your cat's behaviour and mobility

The signs of osteoarthritis in cats can be subtle.<sup>1,6</sup> You may have noticed that your cat is behaving differently, or that they seem stiff when moving.

On the next page are 7 signs that your cat may have osteoarthritis.



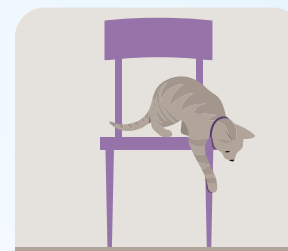
## SIGNS OF OSTEOARTHRITIS IN CATS



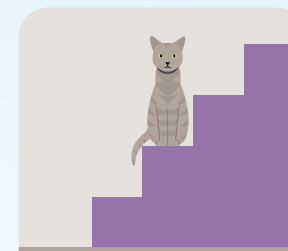
Change of temperament



Sleeping more and stiff after waking



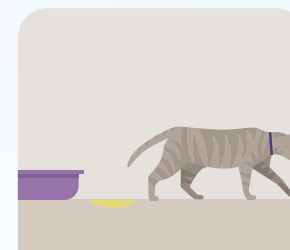
Reduced jumping ability



Difficulty with stairs



Grooming less



Inappropriate toileting



Loss of appetite

## HOW IS FELINE OSTEOARTHRITIS DIAGNOSED? (CONT.)

### 2 Your veterinarian examines your cat

Your veterinarian may suspect osteoarthritis based on your observations.

They will also consider your cat's age and breed, and perform a clinical examination to assess your cat's posture, gait, muscle mass and joint flexibility, to arrive at their diagnosis.

### 3 Tests are conducted to confirm the diagnosis

In order to rule out any other conditions that can cause joint pain, your veterinarian may take some X-rays of your cat's joints. These X-rays will also allow them to assess the severity of the disease.

*The signs that you have observed in your cat, combined with your veterinarian's assessment and diagnosis, will help to inform your cat's integrated care plan.*



## INTEGRATED CARE FOR A BETTER QUALITY OF LIFE

Osteoarthritis is a dynamic condition and your input is vital to reduce the impact it has on your cat's life.

Your veterinarian will work with you to set key goals for your cat, such as being able to jump onto furniture more easily, and to develop a plan to achieve these goals.

This plan will be based on the **Osteoarthritis 5-Point Integrated Care Plan** that combines medication with lifestyle changes:

1 METACAM® ANTI-INFLAMMATORY PAIN RELIEF



2 DIET



3 EXERCISE AND REHABILITATION



4 ENVIRONMENTAL MODIFICATION



5 MONITORING



## 1 METACAM® ANTI-INFLAMMATORY PAIN RELIEF

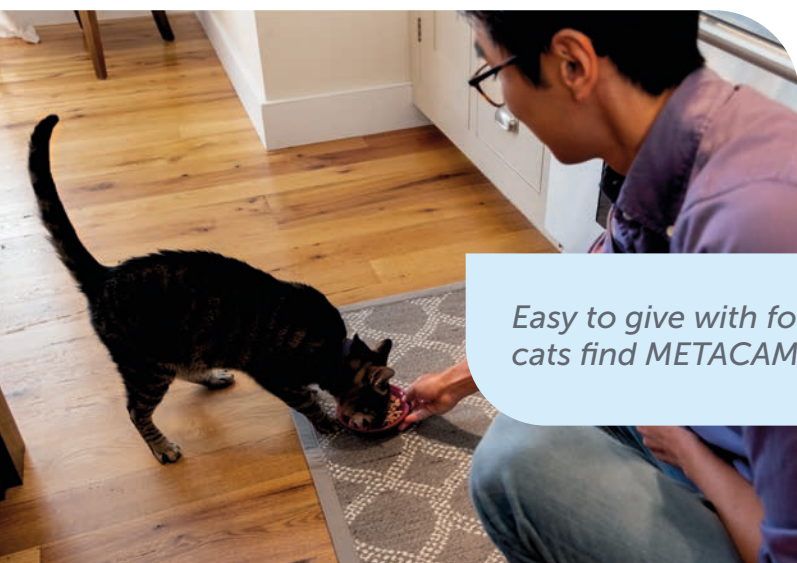


METACAM® is a type of medication known as a non-steroidal anti-inflammatory drug (NSAID). It is used to treat the pain and inflammation associated with feline osteoarthritis.

Your veterinarian has chosen METACAM® for your cat for a number of very important reasons:

- It is a proven and trusted medication—it has been used effectively for over 25 years
- It is precise—the dosing your cat needs is accurately determined by their weight
- It is flexible—the liquid formulation means that your cat can be given exactly the dose they need

Your veterinarian may recommend giving your cat the **Lowest Effective Dose**—this is the lowest dose that effectively controls your cat's pain and inflammation. This may vary over time and your veterinarian will write the dosing schedule for your cat in the **Home Monitoring Diary**.



*Easy to give with food—over 94% of cats find METACAM® highly palatable.<sup>37</sup>*

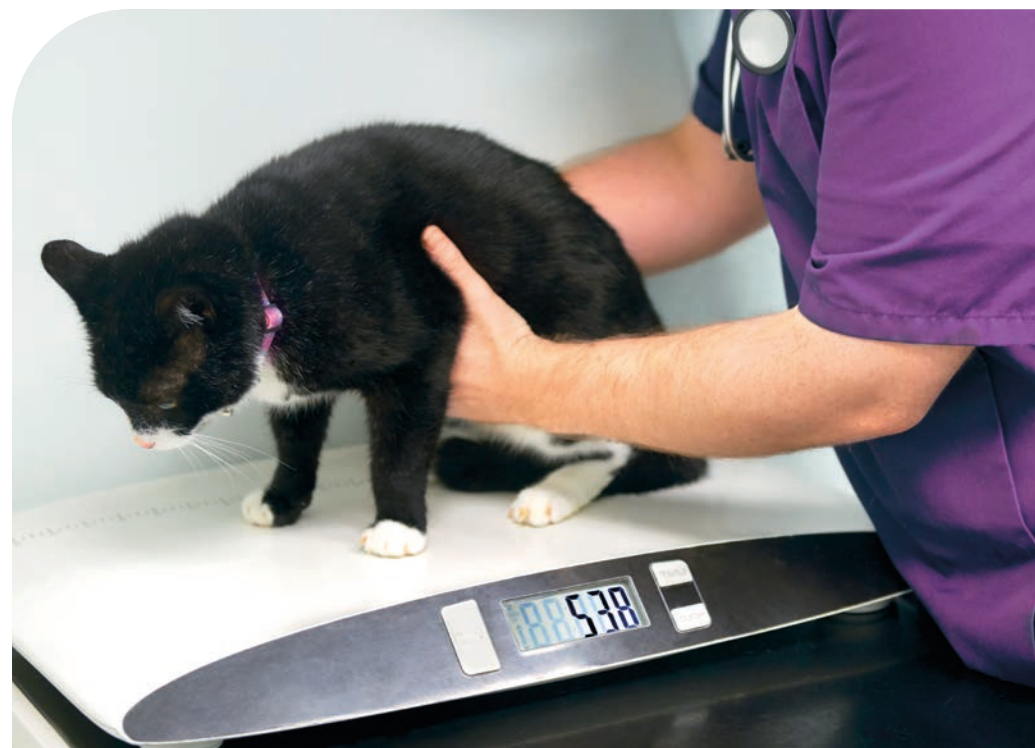
## 2 DIET



Cats that become less mobile as a result of their osteoarthritis can easily become overweight. The excess weight they carry contributes to the 'vicious cycle' of osteoarthritis by increasing inflammation and causing increased loading through the joints.

Your cat's veterinary team will advise you about which food, and how much, is best for your osteoarthritic cat. The diet should be high in protein to maintain muscle mass, which supports the joints, but low in energy to help maintain a healthy weight. Weighing each meal will help to ensure you don't give your cat too much or too little.

Maintaining a healthy weight can help slow the progression of osteoarthritis and will help to improve your cat's quality of life.



### 3 EXERCISE AND REHABILITATION



Keeping your cat active and exercising is an integral part of managing their osteoarthritis.

Physical rehabilitation has the ability to restore strength and function, and reduce pain. Your veterinary team may provide you with some basic exercises to carry out with your cat at home to improve their lean muscle mass and increase their joint flexibility. Your cat may initially be suspicious of these exercises but with patience, practice and the support of your veterinary team they will become part of your cat's routine. Alternatively, your veterinarian may suggest referral for more specialised rehabilitation.



### 4 ENVIRONMENTAL MODIFICATION



As your cat's osteoarthritis progresses, they may struggle to do some of the things they used to manage. Simple activities like jumping up onto furniture may become difficult.

Use the following suggestions as examples of how you can adapt your home to make your cat's home life more comfortable:

- Position steps next to their favourite spot to help them access it more easily
- Make sure their beds are easy to access with at least one at ground level
- Use a litter tray with low sides for easy access





## 5 MONITORING



Daily monitoring is essential to the success of your cat's integrated care plan and to the successful management of their osteoarthritis.

By monitoring your cat's progress, you will help your cat's veterinary team assess how your cat is responding to their care plan. As osteoarthritis is a dynamic condition, your cat's medication and lifestyle needs can increase or decrease. Daily monitoring allows changes to be made to your cat's integrated care plan as soon as they are needed.

Record your cat's progress in the **Home Monitoring Diary** included in the second half of this booklet. There are places to record how your cat is feeling, what they have eaten, how much exercise they have taken and any concerns you may wish to discuss with your veterinary team.

As maintenance of a healthy weight is very important for cats living with osteoarthritis, a weight monitoring diary is also included at the back of this booklet.

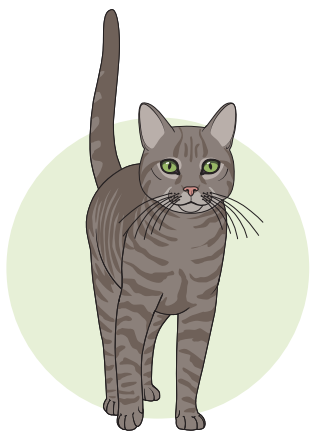


# THE TRAFFIC LIGHT MONITORING SYSTEM



In the **Home Monitoring Diary**, you will monitor your cat for the **7 Signs of Osteoarthritis** seen on page 9.

For each of the 7 signs there is an easy-to-use **Traffic Light Monitoring System for Cats** where you identify whether you believe your cat's behaviour and mobility to be showing comfort (green), some pain (amber) or severe pain (red):



If your cat has mainly green signs, they are having a green day.



If your cat has mainly amber signs, they are having an amber day.



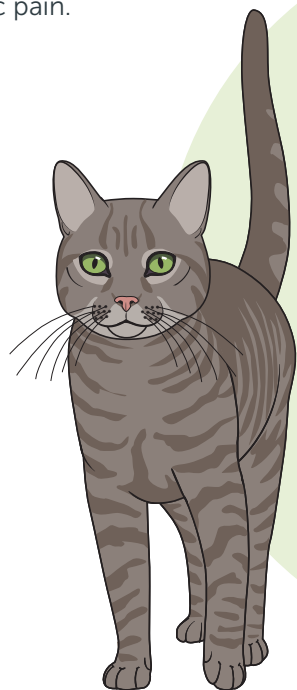
If your cat has any red signs, they are having a red day.

If your cat is having green days, continue with your integrated care plan. If your cat has 1 red day or 2 amber days in a row, call your veterinary team for advice.

SIGNS TO MONITOR	GREEN SIGNS	AMBER SIGNS	RED SIGNS
<b>Temperament</b>	Interactive and playful	Less interactive or more clingy than usual	Hides away, is aggressive or very clingy
<b>Sleeping and rising</b>	Sleeps usual amount and rises (more) easily	Sleeps more than usual and is stiff after waking	Sleeps constantly (may lie hunched up) and is very stiff after waking
<b>Jumping</b>	Jumps up or down (more) easily and without hesitation	Hesitates before jumping—may reach down furniture to shorten jump	Stays on one level—does not attempt to jump up or down
<b>Stairs</b>	Manages stairs (more) easily	Has difficulty—taking one stair at a time or stopping for breaks	Stays on one level—does not go up or down stairs
<b>Grooming</b>	Spends usual amount of time grooming and can reach all areas	Grooms less and cannot reach some areas (matted hair may build up)	Does not groom
<b>Toileting</b>	Toilets in litter tray or outdoors	Toilets just outside of litter tray	Toilets in inappropriate places (e.g., on soft furnishings)
<b>Appetite</b>	Good	Not as good as usual	No interest in food

# UNDERSTANDING PAIN EXPRESSION IN CATS

As well as changes in behaviour and mobility, cats with osteoarthritic pain show changes in facial expression, body and tail position. To help you recognise the subtle signs of osteoarthritic pain in your cat, each of the traffic light cats show features typical of comfort or varying degrees of osteoarthritic pain.



## COMFORT

Alert and interactive,  
tail up in greeting

Standing or sitting,  
head is above shoulders

Ears point upward

Eyes are wide and pupils are small

Muzzle is relaxed and rounded

Whiskers are relaxed,  
curved and far apart

## SOME PAIN

Less interactive,  
tail is wrapped around body

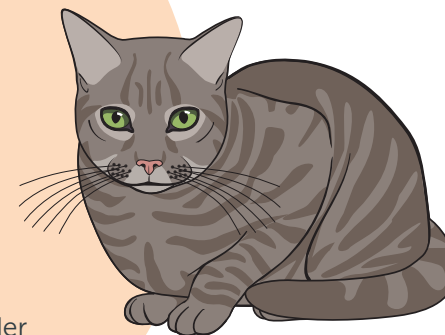
Sitting in crouched position,  
head is at level of shoulder

Ears point outward

Eyes are half open and  
pupils are larger

Muzzle is slightly tense and wider

Whiskers point straight out  
and are close together



## SEVERE PAIN

Withdrawn, tail is wrapped around body

Lying in hunched position,  
head is below shoulders and tilted down

Ears are flattened

Eyes are narrow and pupils are very large

Muzzle is tense and elliptical  
(wide and flattened)

Whiskers are straight  
and point forward



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Enter your daily assessment into the charts below.

Track your cat's progress over the days, weeks and months ahead. Remember: If your cat has mainly green signs, they are having a green day. If your cat has mainly amber signs, they are having an amber day. If your cat has any red signs, they are having a red day.

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Next progress examination: \_\_\_/\_\_\_/\_\_\_\_

This will be carried out by face-to-face/video/phone consultation (veterinary team to circle)

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___/___/_____	● ● ●				
___/___/_____	● ● ●				

Next progress examination: \_\_\_/\_\_\_/\_\_\_\_\_

This will be carried out by face-to-face/video/phone consultation (veterinary team to circle)

*If your cat is having green days, continue with your integrated care plan. If your cat has 1 red day or 2 amber days in a row, call your veterinary team for advice.*

# HOME MONITORING DIARY

Enter your daily assessment into the charts below.

Track your cat's progress over the days, weeks and months ahead. Remember: If your cat has mainly green signs, they are having a green day. If your cat has mainly amber signs, they are having an amber day. If your cat has any red signs, they are having a red day.

Date	Today is a ... day	METACAM® given (✓)	Total wet food given per day (g)	Total dry food given per day (g)	Notes—a space to make notes on rehabilitation exercises, improvements or concerns
___/___/____					
___/___/____					
___/___/____					
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___/___/____	● ● ●				
___/___/____	● ● ●				
___/___/____	● ● ●				
___/___/____	● ● ●				
___/___/____	● ● ●				
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___/___/____	● ● ●				
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Date	Today is a ... day	METACAM <sup>®</sup> given (✓)	Total wet food given per day (g)	Total dry food given per day (g)	Notes—a space to make notes on rehabilitation exercises, improvements or concerns
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
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__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
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__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				
__/__/____	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span>				

Next progress examination: \_\_/\_\_/\_\_\_\_

This will be carried out by face-to-face/video/phone consultation (veterinary team to circle)

*If your cat is having green days, continue with your integrated care plan. If your cat has 1 red day or 2 amber days in a row, call your veterinary team for advice.*

# KEEP THE MONITORING GOING!

Once you have completed 24 weeks of monitoring and filled up your **Home Monitoring Diary**, don't stop there! Your cat's health will continue to benefit from monitoring, so please use our individual diary pages.



# WEIGHT MONITORING DIARY

Record your cat's weight as regularly as your veterinarian advises and monitor their weight loss to see the impact their diet is having on their health.

Date	Weight (kg)	Date	Weight (kg)
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	
__/__/__		__/__/__	

*Weight loss can help to decrease inflammation in, and stress on, your cat's joints.<sup>8</sup>*







Depend on METACAM®—effective anti-inflammatory pain relief for cats of all shapes and sizes.

▶ Please contact your veterinary team for more information and support.



**References:** **1.** Slingerland LI, Hazewinkel HA, Meij BP, et al. Cross-sectional study of the prevalence and clinical features of osteoarthritis in 100 cats. *Vet J.* 2011;187:304–309. **2.** Hardie EM, Roe SC, Martin FR. Radiographic evidence of degenerative joint disease in geriatric cats: 100 cases (1994–1997). *J Am Vet Med Assoc.* 2002;220:628–632. **3.** Clarke SP, Bennett D. Feline osteoarthritis: a prospective study of 28 cases. *J Small Anim Pract.* 2006;47:439–445. **4.** Voss K. Joint Diseases in Cats - What Do We Know? Proceedings of the 35th Congress of the World Small Animal Veterinary Association; June 2–5, 2010; Geneva, Switzerland. **5.** Maniaki E, Murrell J, Langley-Hobbs SJ, Blackwell EJ. Associations between early neutering, obesity, outdoor access, trauma and feline degenerative joint disease. *J Feline Med Surg.* Published online February 11, 2021. doi: 10.1177/1098612x21991456. **6.** Epstein ME, Rodanm I, Griffenhagen G, et al. 2015 AAHA/AAFP pain management guidelines for dogs and cats. *J Feline Med Surg.* 2015;17:251–272. **7.** Gunew MN, Menrath VH, Marshall RD. Long-term safety, efficacy and palatability of oral meloxicam at 0.01–0.03 mg/kg for treatment of osteoarthritic pain in cats. *J Feline Med Surg.* 2008;10:235–241. **8.** Rychel JK. Diagnosis and treatment of osteoarthritis. *Top Companion Anim Med.* 2010;25:20–25.

METACAM® summary of product characteristics (SPC) available from:  
[https://www.ema.europa.eu/en/documents/product-information/metacam-epar-product-information\\_en.pdf](https://www.ema.europa.eu/en/documents/product-information/metacam-epar-product-information_en.pdf)

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