

*Previcox*<sup>®</sup>

**FAST  
FORWARD**  
TO LASTING RELIEF



Dog's name:

**Osteoarthritis Home Monitoring Diary**

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



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## YOUR INVOLVEMENT IS VITAL

Your dog has been diagnosed with osteoarthritis and your veterinarian has prescribed PREVICOX® 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 dog 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 dog's progress. This will help you and your veterinarian to make the best decisions for your dog's health.

By taking an active role in the management of your dog'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 CANINE OSTEOARTHRITIS?

Canine osteoarthritis is an inflammatory joint condition that causes your dog 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 dog may need more pain relief and lower levels of exercise during flare-ups.



# WHY DOES MY DOG HAVE OSTEOARTHRITIS?

Osteoarthritis is extremely common. It affects up to 1 in 4 adult dogs<sup>1,2</sup> and is the #1 cause of chronic pain in dogs.<sup>3</sup> It can affect dogs of all ages, although middle-aged and older dogs are at a greater risk.

There is very rarely a single factor that causes canine osteoarthritis. In most cases, it occurs as the result of a combination of factors:

- **Dog breed**—some breeds are at a greater risk of developing osteoarthritis than others. These include golden retrievers, Labrador retrievers, German shepherds, Rottweilers, greyhounds, collies and some spaniel and terrier breeds<sup>4</sup>
- **Dog size**—large breed dogs and dogs that are overweight are at a higher risk as a result of the extra load they put on their joints
- **Joint conformation (shape)**—a dog's body weight should be evenly spread across the joint. Some dog breeds, however, have leg shapes that result in uneven weight distribution or may develop abnormally shaped joints (e.g., hip or elbow dysplasia)
- **Joint injury**—an injury can cause abnormal stress through the joint, even after the injury appears to be healed
- **Joint overuse**—excessive running and jumping over an extended period can result in joint stress, even without obvious injury

Although there are a number of factors that may have caused your dog to develop osteoarthritis, what matters now is controlling pain and inflammation, maintaining mobility and slowing the progression of the disease. As your dog'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 CANINE OSTEOARTHRITIS DIAGNOSED?

There are normally 3 steps in the diagnosis of osteoarthritis:

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

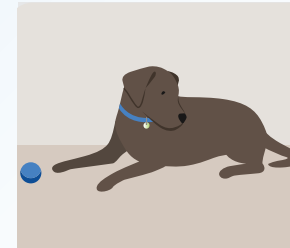
## 1 You observe changes in your dog's behaviour and mobility

You may have noticed that your dog is behaving differently, or that they seem stiff when exercising.

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



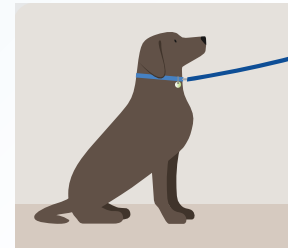
# 7 SIGNS OF OSTEOARTHRITIS IN DOGS



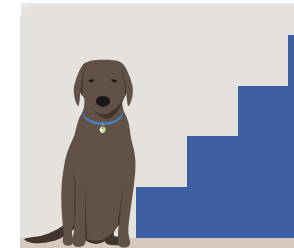
Change of temperament



Disrupted sleep and difficulty rising



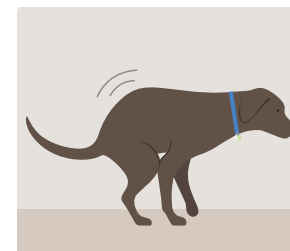
Refuses walks or lags behind



Difficulty with stairs



Cries out or licks joints



Lack of balance when toileting



Loss of appetite

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

### ② Your veterinarian examines your dog

Your veterinarian may suspect osteoarthritis based on your observations.

They will also consider your dog's age and breed, and perform a clinical examination to assess your dog'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 dog's joints. These X-rays will also allow them to assess the severity of the disease.

*The signs that you have observed in your dog, combined with your veterinarian's assessment and diagnosis, will help to inform your dog'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 dog's life.

Your veterinarian will work with you to set key goals for your dog, such as being able to walk further or climb stairs 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 PREVICOX<sup>®</sup> ANTI-INFLAMMATORY PAIN RELIEF



2 DIET



3 EXERCISE AND REHABILITATION



4 ENVIRONMENTAL MODIFICATION



5 MONITORING



## 1 PREVICOX® ANTI-INFLAMMATORY PAIN RELIEF



PREVICOX® 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 canine osteoarthritis.

Your veterinarian has chosen PREVICOX® for your dog for a number of very important reasons:

- It is fast-acting—dogs show a noticeable improvement within 3 hours
- It is long-acting—the pain relief lasts for a full 24 hours
- It is safe—pet owners report fewer side effects with PREVICOX® than with other NSAIDs<sup>5,6</sup>

PREVICOX® is easy to give to dogs and the tablets can be given with or without food. Once the tablets have been halved or quartered, they can be kept in the original packaging for up to 1 month.

*9 out of 10 owners and veterinarians see an improvement in dogs treated with PREVICOX®.*<sup>5,7</sup>



## 2 DIET



Dogs 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 dog's veterinary team will advise you about which food, and how much, is best for your osteoarthritic dog. 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 dog too much or too little.

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



### 3 EXERCISE AND REHABILITATION



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

A modified exercise programme, created in conjunction with your veterinary team, will help your dog maintain their ideal weight, improve their lean muscle mass and enhance their joint flexibility. It is important to be aware that exercise levels should remain constant throughout the week and that any increase should be gradual.

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 dog at home. Alternatively, your veterinarian may suggest referral for more specialised rehabilitation.



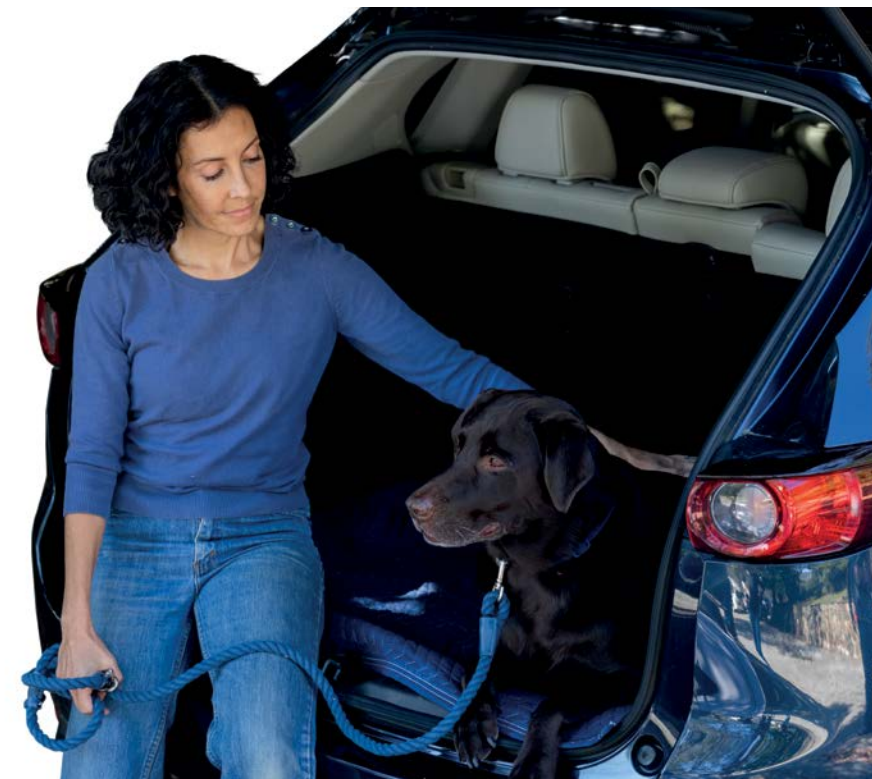
### 4 ENVIRONMENTAL MODIFICATION



As your dog's osteoarthritis progresses, they may struggle to do some of the things they used to manage. Simple activities like climbing stairs may become difficult.

A few simple modifications around your home can help make your dog's life easier and keep them mobile. Here are some suggestions:

- If you have a slippery floor, position a heavy rug in a place that will help your dog get up after lying down
- Give them a low bed, preferably without sides to climb over
- A small ramp or step can be used to aid your dog getting in and out of the car





## 5 MONITORING



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

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

Record your dog's progress in the **Home Monitoring Diary** included in the second half of this booklet. There are places to record how your dog 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 dogs 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 dog for the **7 Signs of Osteoarthritis** seen on page 9.

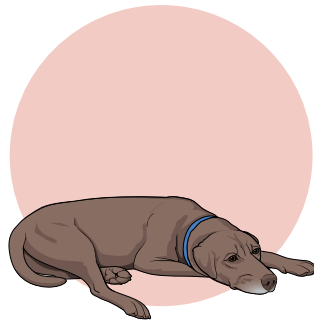
For each of the 7 signs, there is an easy-to-use **Traffic Light Monitoring System for Dogs** where you identify whether you believe your dog's behaviour and mobility to be showing comfort (green), some pain (amber) or severe pain (red):



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



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



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

If your dog is having green days, continue with your integrated care plan. If your dog 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 playful than usual	Withdrawn, miserable or irritable
<b>Sleeping and rising</b>	Sleeps soundly and rises (more) easily	Struggles to get comfortable and rises with difficulty	Very disrupted sleep and rises with great difficulty
<b>Walking</b>	Walks (further) without a limp	Wants a shorter walk than usual or develops a limp during walk	Does not want to leave house or is very lame
<b>Stairs</b>	Manages stairs (more) easily	Has difficulty—takes one step at a time or stops for breaks	Stays on one level—does not go up or down stairs
<b>Crying or licking</b>	Never cries or licks joints	Occasionally whimpers or licks joints	Frequently cries or licks joints
<b>Toileting</b>	Balances to urinate or defaecate (more) easily	Loses balance or is unable to hold position when urinating or defaecating	Cannot balance to urinate or defaecate
<b>Appetite</b>	Good	Not as good as usual	No interest in food

# UNDERSTANDING PAIN EXPRESSION IN DOGS

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



## COMFORT

- Alert and interactive, tail is up in greeting
- Weight is equally distributed between all 4 legs
- Facial muscles are relaxed and open mouth forms a 'smile'
- Ears fall naturally
- Pupils are small

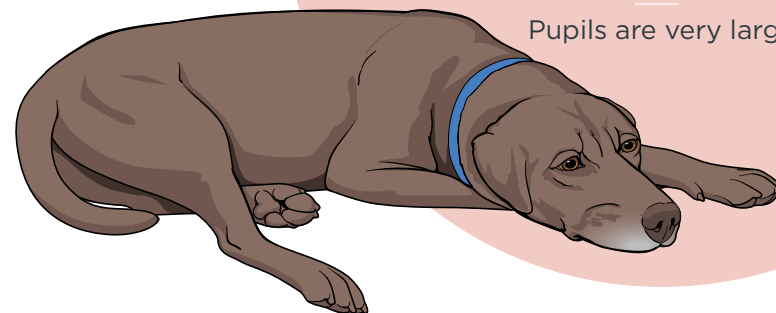
## SOME PAIN

- Less interactive, tail is down
- Sat with hindleg held out—a common feature of hindlimb osteoarthritis
- Facial muscles are tense
- Ears are pulled down against head
- Pupils are larger



## SEVERE PAIN

- Withdrawn, tail is pulled close to body
- Hindlimb is outstretched
- Body and facial muscles are tense
- Ears are pulled down and forward
- Pupils are very large



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Track your dog's progress over the days, weeks and months ahead.

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

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

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# KEEP THE MONITORING GOING!

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



# WEIGHT MONITORING DIARY

Record your dog'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 dog's joints.<sup>2</sup>*





# PREVICOX®

Help get your best friend back to their happy, lively self—and help them stay that way!

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



**References:** 1. Johnston SA. Osteoarthritis. Joint anatomy, physiology, and pathobiology. *Vet Clin North Am Small Anim Pract.* 1997;27:699-723. 2. Bland S. Canine osteoarthritis and treatments: a review. *Vet Sci Dev.* 2015;5:84-89. 3. Bell A, Helm J, Reid J. Veterinarians' attitudes to chronic pain in dogs. *Vet Rec.* 2014;175:428. 4. Anderson KL, O'Neill DG, Brodbelt DC, et al. Prevalence, duration and risk factors for appendicular osteoarthritis in a UK dog population under primary veterinary care. *Sci Rep.* 2018;8:1-12. 5. Pollmeier M, Toulemonde C, Fleishman C, Hanson PD. Clinical evaluation of firocoxib and carprofen for the treatment of dogs with osteoarthritis. *Vet Rec.* 2006;159:547-551. 6. Hanson PD, Brooks KC, Case J, et al. Efficacy and safety of firocoxib in the management of canine osteoarthritis under field conditions. *Vet Ther.* 2006;7:127-140. 7. Ryan WG, Moldave K, Carithers D. Clinical effectiveness and safety of a new NSAID, firocoxib: a 1,000 dog study. *Vet Ther.* 2006;7:119-126.

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