



Complete Guide to Joint Care

WRIST

SHOULDER

ELBOW

SPINE

HIP

KNEE





Caring for your pet's joints.

Pet owners want to see their pets fit, healthy and ready to enjoy life. It is an unfortunate fact of life that as animals age, parts of the body start to wear out, in the same way as they do in humans. Joint disease is a common problem in cats and dogs, especially with their increased longevity.

The first step is **keeping pets at a healthy weight**, not only to protect against heart disease, and other weight related conditions, but it reduces the strain on joints, helping them to keep healthy, active and pain free.

Further to this, offering a **quality joint supplement** is essential to keep joints healthy and help prevent age related joint degeneration. Keeping joints healthy and strong will also decrease the chance of serious injury from minor incidents.

The **Beaphar Joint Care Range** is designed to help you maintain your dog's comfort and mobility. The range comprises of daily joint care products to help keep joints supple, as well as vet strength maintenance products, for pets who are at an age where joint stiffness is visible.



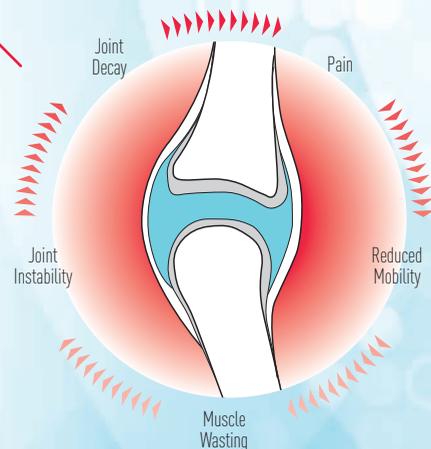
Joint Pain Explained

Joint pain in dogs is usually caused by erosion or degeneration of cartilage in the joints (the spongy covering on the end of the bones), or a reduction in synovial fluid (the natural lubricating fluid separating the two bones of a joint). Together, these act as the body's natural shock absorbers. A reduction in either can come about as a result of chronic, repetitive strain, or simply as a result of the natural ageing process. Just like humans, pets can experience joint pain for a number of reasons.

As the protective cartilage that covers the joint surfaces wears away, exposed bone can become damaged, further resulting in pain. In an attempt to repair the damaged joint, bony outgrowths can develop which exacerbates the problem.

Fluid pressure within the joint can also increase pain. The cause of joint stiffness and pain in bad weather is not the cold or the damp which swells the joint, but the drop in atmospheric pressure, causing stiffness and discomfort. As joint degeneration advances, the surrounding muscles, ligaments and tendons also become weaker and can be painful. Pets tend to avoid putting pressure on the affected area when there is pain in the joint, resulting in muscle wastage. Muscle tone is lost and the joint becomes less stable, resulting in abnormal movement, which creates additional wear and tear. If left unchecked, this cycle of pain and joint decay will worsen, resulting in a lack of mobility.

Joint Pain Cycle





Prevention

The primary function of a joint is to provide motion and flexibility to the skeletal frame and to act as a shock absorber.

A joint consists of bones, muscles, ligaments, cartilage and synovial fluid. Bones are anchored by ligaments which allow a certain amount of movement in specific directions. Many joints are surrounded by a joint capsule, which contains the synovial fluid. The ends of the bones are covered by cartilage, which creates a smooth surface to help the joint move easily and to absorb any impact as body weight is placed on it.

Ligaments bind the bone ends together to prevent dislocation and excessive movement that could result in breakages.

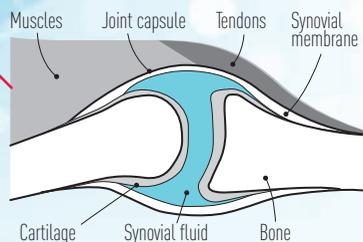
There are three types of joints:

- **Synovial joints** - these are the most common and they provide free movement between the bones they link. Most joints found in limbs such as knees, elbows and wrists are synovial joints. Tough fibrous tissues enclose the area where the two bone ends meet. This is the joint capsule.
- **Cartilaginous joints** - these joints are united by cartilage and allow some movement. The joints formed between each vertebra in the spine are an example of this.
- **Fibrous joints** - these joints are held closely together by fibrous tissue and have minimal movement. In most cases movement of these joints depends on the length of fibres uniting the bones. The plates of the skull are examples of fibrous joints.

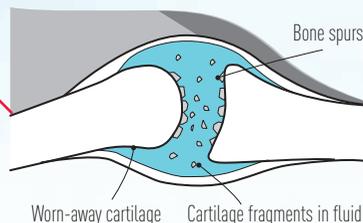


By the time a joint problem is diagnosed, a pet may have been in pain for quite some time and could have developed coping strategies to enable them to deal with the discomfort. This can range from unwillingness to climb stairs, a new way of walking or even a normally placid cat or dog becoming withdrawn, irritable or even aggressive. Immobility, or not using limbs for a prolonged period of time, can result in muscle wastage and longer term damage, leading to a further decrease in mobility.

Healthy joint



Damaged joint (with Osteoarthritis)



Ways to alleviate symptoms of joint disease include:

- Moderate, daily exercise to keep joints and bones strong.
- A warm, soft place to sleep, enabling joints to rest and recuperate after an active day. A raised bed can often be beneficial, especially for large breeds of dogs.
- Regular use of a high quality joint supplement to support the normal function of tissues, cartilage, tendons and the immune system.



Common Joint Problems

Osteoarthritis is a degenerative condition, in which the normal cartilage cushion in the joint breaks down. This results in the adjacent bones rubbing together, causing pain, decreased joint movement and sometimes the formation of bone spurs and other changes around the joint. Although osteoarthritis is a progressive disease, it can be actively managed so that the course of the disease is slowed and remaining joint function is preserved. Osteoarthritis is commonly recognised in dogs, but it is now being diagnosed quite frequently in cats, especially senior and geriatric cats.

Hip dysplasia is the abnormal development of the hip joint. Progressive lameness, stiffness and pain often arise in the hind legs with this disease. It is most common in larger dog breeds, especially German Shepherds and Golden Retrievers, although all dogs can be affected. This condition is inherited and treatment is most often by surgery. However maintaining correct body weight, adequate exercise and offering a joint supplement can help to slow down or prevent its progression.

Carpal hyperextension injuries cause a breakdown of the ligaments that support the back of the carpal (wrist) joint. The wrist may collapse and the foreleg begins to rest closer to the floor, rather than in the normal position. Carpal hyperextension is often caused by landing on the front legs after jumping from a significant height.

Coxofemoral luxation is the dislocation of the hip; the head of the femur (thigh bone) comes out of the socket of the pelvis. This means that no weight can be placed on the affected limb.

Cruciate ligament damage and/or rupture is a common problem. This ligament is located within the knee joint and acts to stabilise the position of the femur as it comes to rest on the tibia. Acute traumatic tearing of this ligament can occur or the ligament may slowly degenerate until it is so weakened that tearing occurs.

Bacterial infection within the joint can lead to severe erosion of the joint surface and may progress to illness. This is known as septic arthritis.

Signs of Joint Problems

Common signs of joint problems in cats and dogs include:

- Pain symptoms.
- Joint effusion (swollen joints).
- Crepitation (crunching sounds coming from joints).
- Signs of stiffness when walking or trying to get up.
- Inactivity.
- Unwillingness to jump, climb stairs or exercise.
- Inappropriate urination.
- Grooming less, leading to poor coat condition and matted hair.
- Muscle atrophy (wastage).

It is often harder to diagnose severe orthopaedic disease in cats than in dogs. Due to their small size and natural agility, cats tend to be able to tolerate osteoarthritis (and other joint disorders) for an extended period with few outward signs. Cats also generally resent being handled or manipulated during clinical examinations, so it can be difficult to determine if the cat in question is in pain or just doesn't want to be touched. Whereas lameness is the most common clinical sign of joint disease in dogs, cats rarely appear lame and tend to hide their symptoms so joint disorders commonly go unnoticed by the owner. Clinical signs of degenerative joint disease in cats may be unwillingness to jump, being less playful and grooming less. All of these symptoms are commonly referred to as 'my cat is just getting older' when in actual fact they are suffering from joint disease.

Cats suffering from osteoarthritis are often bilaterally affected (both elbows or hips are affected at the same time), so it can be even harder to spot discomfort as the cat will over compensate, thus appearing to walk normally.

Even following treatment, pets can sometimes continue to perform their 'learned coping strategies', so time and gentle encouragement is needed to un-train pets and remind them that movement is becoming more comfortable. This needs to be monitored carefully.

If the animal is still in pain, movement may still be restricted and alternative treatment should be sought.



Choosing the Right Supplement

There are many joint supplements available, making it difficult to know what is right for each individual pet.

As pets get older, it is important that they have regular "vet checks" at least once, if not twice a year. This will allow owners to be aware of any developing problems and allow them to make relevant changes to their everyday routine, thus preventing joint problems from occurring in the future.

Beaphar has a range of joint care products, ranging from tablets, high potency pastes and solutions to easy to administer supplements in the form of treats and rewards. This allows owners to offer joint protection at any stage in their pet's life.



Targeted Relief



Preventative Care



We only use quality ingredients in our Joint Care products



Chondroitin - Needed by both cartilage and synovial fluid, its primary function is to give the joint its shock absorbing properties. It is used in joint fluid synthesis and helps to improve joint function.



Glucosamine - Provides the joints with the building blocks needed to repair damage caused by wear and tear and the natural ageing process. It is important in the production of collagen, which gives cartilage its strength and structure and is also involved in the formation of tendons and ligaments.



Green Lipped Mussel - A rich, natural source of Glucosamine and Chondroitin, which will help to regenerate and maintain healthy cartilage, as well as providing Omega 3 and 6 fatty acids. It is often used in human healthcare due to its anti-inflammatory effects.



Hyaluronic acid - The main component of synovial fluid, it helps to maintain joint lubrication.



Omega 3 and 6 - Known for their anti-oxidant and muscle-building capacities, as well as helping to support natural defences within the liver, eyes, brain and joints.



Vitamin C - To support a healthy immune system, contribute to collagen formation and help the normal function of cartilage and bones.



Vitamin E - To protect cells from oxidative stress.



Copper - Involved in the synthesis of collagen, a structural protein in bones and joints.



Manganese - Has anti-oxidant, free-radical-fighting properties and is important for normal bone structure.



Targeted Relief

Beaphar Joint Tablets



Chondroitin



Vitamin

E



Glucosamine

GlcN



60

Tablets

Suitable for dogs.

Promotes healthy joints, ligaments and muscles.

A vet strength formula with Glucosamine, Chondroitin and Vitamin E to maintain your dog's joints, helping to keep them supple for smooth, pain free movement. **Beaphar Joint Tablets** contain high levels of Glucosamine which aids in the production and rebuilding of cartilage, allowing for smoother joint movement. Also rich in Chondroitin (which is often used in human healthcare for its anti-inflammatory effects), they will also help to maintain cartilage and keep ligaments and muscles strong.

How should this product be used?

For dogs with stiff or sore joints, an initial specified dose is required for a period of 4-6 weeks when beginning treatment. Following this period, a lower daily maintenance dose will keep joints strong.

Recommended amount per day:		
Dog weight	Initial dose	Maintenance dose
Less than 10kg	1 tablet	½ tablet
10-20kg	2 tablets	1 tablet
20-40kg	3 tablets	1-2 tablets
Over 40kg	4 tablets	2 tablets

Tablets should be placed directly in the pet's mouth, or can be disguised in food if necessary.



Targeted Relief

Beaphar Joint Paste



Suitable for dogs.

Promotes healthy joints, ligaments and muscles.

A delicious, easy to administer combination of natural ingredients, formulated to boost joint health and aid the development and maintenance of tendons and connective tissue. **Beaphar Joint Paste** contains Glucosamine and Chondroitin, both of which have been shown to assist the production of cartilage and support the body's natural synovial fluid production, thus allowing for the smoother movement of joints and ligaments.

The paste also contains Green Lipped Mussel powder, a rich, natural source of both Glucosamine and Chondroitin, which provides Omega 3 and 6 fatty acids, and also improves joint mobility. It is often used in human healthcare due to its anti-inflammatory effects. Added Vitamin C will support a healthy immune system, contribute to collagen formation and the normal function of cartilage. Vitamin E protects the cells from oxidative stress.

How should this product be used?

Can be mixed with food or given directly from the tube.

Recommended amount per day:		
Dog weight	Amount	Approx volume
Less than 5kg	3.5g	Small teaspoon
5-10kg	7.0g	Heaped teaspoon
10-25kg	10.0g	Dessert spoon
Over 25kg	15.0g	Heaped dessert spoon



Targeted Relief

Beaphar Joint Fit Solution



Suitable for cats and dogs.

Essential Maintenance for healthy joints.

A delicious liquid that can be added to a pet's food. It is suitable for growing, active, working and elderly pets. **Beaphar Joint Fit Solution** contains the key building blocks of Glucosamine and Chondroitin, which are easily absorbed and metabolized by the body for the repair of cartilage and renewal of joint (synovial) fluid.

Hyaluronic acid, which is the main component of synovial fluid, is added to maintain joint lubrication. Copper and Manganese are also included for healthy skeletal growth and bone development. Vitamin C has also been added because it has been found to contribute to collagen formulation and cartilage function.

Feeding **Beaphar Joint Fit Solution** each day will help maintain healthy, supple joints, making it suitable for supporting the joints of very active dogs, such as those working or trialling, and for older dogs whose joints are suffering from excessive wear and tear.

How should this product be used?

Give **Beaphar Joint Fit Solution** either directly into the mouth, or as an addition to food. Comes in a handy dispenser that delivers a measured dose of 1ml per pump.

Recommended amount per day:	
Cats and dogs below 20kg	1 pump per day
Dogs over 20kg	2 pumps per day

Shake the bottle well before use.



Preventative Care

Beaphar Joint Sticks



Suitable for dogs.

Essential Maintenance for healthy joints.

What is this product for?

A delicious, meaty flavoured treat, which has been formulated to assist the development and maintenance of tendons, joints and connective tissue. **Beaphar Joint Sticks** contain Glucosamine, which has been shown to assist the production of cartilage and in turn rebuild joint tissue. This allows for smoother movement of joints and ligaments. They also contain Green Lipped Mussel powder, which is a rich, natural source of Chondroitin and Glucosamine and has been found to help maintain healthy joints. Green Lipped Mussel is often used in human healthcare due to its anti-inflammatory effects within joint tissue

How should this product be used?

For best results, feed one stick per day as a treat or reward. Can be broken into small pieces and fed throughout the course of a day.

Recommended amount per day:

Dogs over 4 months

1 treat per day



Preventative Care

Beaphar Glucosamine Easy Treat



Suitable for dogs.

Essential Maintenance for healthy joints.

What is this product for?

An easy way to administer valuable joint supporting nutrients. The development and maintenance of healthy tendons, joints and connective tissue are assisted by the regular intake of Glucosamine which is contained within them. The delicious recipe makes this the easiest way to administer this valuable nutrient to dogs and the treats are an easy, fun option when out for walks.

How should this product be used?

Recommended amount per day:	
Until significant improvement has been achieved	1 treat per 5kg bodyweight, per day
After improvement, to maintain good condition	1 treat per 10kg bodyweight, per day

beaphar

The **Beaphar Joint Care Range**
can be found in pet stores and
online retailers



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