

Arthritis

This month, we have some advice on dealing with arthritis by Dr. Edmund A. Sulkowski, D.M.D, a recent WagVille speaker:

Arthritis is inflammation, commonly in the joints, that may present as your dog ages. There are natural supplements that can help with this condition, and can help prevent it. Arthritis in dogs is usually osteoarthritis and can affect dogs of any age. The first item I would investigate is the food being given. Grain based foods (corn, wheat, etc.) are possible allergens and are known to contain mycotoxins (by-products from yeast) and may result in an inflammation/disease process in the body. Choose a high quality meat protein (chicken, beef, lamb, and salmon). Avoid manufactured foods containing BHA, BHT, ethoxyquin, and colorings as they may add to the problem.

I would supplement this with combinations of glucosamine sulfate, chondroitin sulfate, MSM, bromelain and hyaluronic acid as these work synergistically to reduce/eliminate inflammation and rebuild synovial fluid (the buffer in joints). I would also add quality mercury-free fish oil as essential fatty acids (omega 3) also help to reduce inflammation. In addition, a good multi-vitamin containing vitamins C and E with anti-oxidants and amino acids are very supportive. Other modalities such as acupuncture, chiropractic care, herbs, and homeopaths may offer adjunct help to the arthritic condition and are well worth investigation.