

Ash Creek Animal Clinic

Laura Archer, DVM * Robert Archer, DVM
Kristin Wineinger, DVM * Johnathan Archer, DVM
Kristi Pedersen, DVM
194 S. Main St • Independence, OR 97351
503-838-5325

ALTERNATIVE ARTHRITIS MEDICATIONS

OMEGA 3's (fish oil)—Helpful for many inflammatory conditions, including arthritis and allergies. Formulas made for animals or humans are fine. We recommend the liquid versions, as they are easier to administer (human versions will be lemon-flavored, which also smell better!) Read the label for the Omega 3 level in milligrams (may be separated into EPA and DHA—just add them together for the total Omega 3 dose). **Do not use cod liver oil.**

5-15 lbs 250mg/day

16-30 lbs 450 mg/day

31-60 lbs 900mg/day

61-90 lbs 1800 mg/day

over 90 lbs 2500mg/day

TURMERIC---Turmeric can be very helpful as an anti-inflammatory, but the pure spice form is not absorbed well in the intestine. A form called “CurcuWin,” has been developed which is about 45 times more absorbable, and is the form we recommend. A veterinary tablet version, called “RxCurcuWin” is very convenient for animals under 25 pounds, and can be easily split for smaller pets (cats or dogs). The human “Curcuwin” is available in capsule form online, and is easily given to larger dogs. Starting doses would be 250 mg “CurcuWin” per day for dogs from 25-50 lbs, and 500 mg “CurcuWin” per day for larger dogs. Dosages may be increased if needed. Turmeric treatment takes 3-4 weeks to show an effect. It can be given with Omega 3s, Glucosamine, and prescription NSAIDS, if needed.

GLUCOSAMINE/CHONDROITIN— May be helpful in dogs (and cats), although studies have not been conclusive. Glucosamine comes in many forms, and is very sensitive to heat and light. Try to buy from companies with good quality control (if using a human brand, Kirkland and Schiff are generally good options). The dosages listed below are for glucosamine only, but a form that includes chondroitin is generally considered better, though there is no standard dose. The following doses are for maintenance; double this dose for the first 4 weeks.

5-15 lbs 100mg/day

16-30 lbs 250 mg/day

31-60 lbs 500 mg/day

61-100 lbs 1000 mg/day

over 100lbs 1250mg/day

ACUPUNCTURE/PT— May be helpful to many animals with muscle or skeletal pain or other chronic conditions, such as cancer, where comfort care is an important issue. Our doctors are not trained in acupuncture, but refer to a veterinary acupuncturist in Corvallis, Dr. Arnold Wittstein, a veterinary acupuncturist. Contact him at 541-250-1302 for more information. We are also able to refer animals with appropriate conditions for physical therapy.

TRACTION- Animals with arthritis or leg weakness may find it easier to get around if they have better traction. Strategic placement of carpet runners may help. Some clients have reported that their dogs benefited from having Dr.Buzby's ToeGrips applied to their nail. They can be found online.