



## Video of the month



## SUPPLEMENTS

It happens to all pet owners sooner or later. The cat you constantly shoo off the counter has trouble jumping a few feet on to the couch. The dog you helped become the best in the region in agility suddenly has a hard time getting in and out of the car. Your favorite hiking partner, who can run for hours without a break, begins having a hard time standing up in the morning. Watching our pets develop problems with mobility can be heart breaking. Not only are they a clear sign of discomfort and pain, but also a harsh wake up call to the reality that your pet will not live as long as you. Some day you're going to have to figure out how to say goodbye.



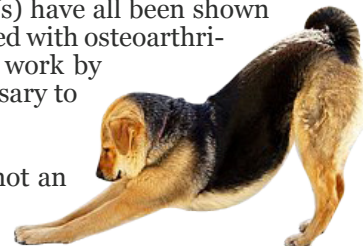
Most mobility problems are caused by osteoarthritis. As cartilage, the rubbery tissue that cushions bones at the joint, breaks down and wears away, bone begins to rub against bone causing pain, swelling, and stiffness. Over time, bone spurs form as the body tries to protect itself. These spurs cause ligaments and tendons to stiffen and swell, further complicating the problem and causing additional pain.

The most common cause of osteoarthritis is wear and tear. Athletic dogs, such as dock-jumpers, hunters, search and rescue dogs, or those competitive in agility, are more likely to experience joint problems from regularly engaging in high impact activities. Untreated injuries to tendons and ligaments, common in athletic pets who do not always show symptoms, also cause instabilities that lead the degradation of cartilage and the associated joint problems. Unfortunately, large breed dogs are genetically more susceptible to cartilage loss than smaller breeds, and often develop symptoms at a young age. It is estimated that 20% of dogs over a year old, and 90% of cats over twelve years of age, have osteoarthritis caused by wear and tear on the joints.

While osteoarthritis does not have cure, there are easy steps pet owners can take to help prevent the disease from occurring in the first place. First and foremost is weight control. Obese cats and dogs are known to have far greater incidences of osteoarthritis than animals who have maintained a healthy weight throughout their lives. Providing your pet with a healthy diet, particularly in their younger years, is an important part of preventing joint problems later in life.

Second is supplementation. Particularly important in athletic pets and breeds genetically predisposed to joint problems, proper supplementation throughout a pet's life has been shown to prevent osteoarthritis in clinical trials. Omega-3 fatty acids such as Eicosapentanoic Acid (EPA) and Docosahexanoic Acid (DHA), chondroprotective compounds such as chondroitin sulfate and glucosamine, and avocado/soy unsaponifiables (ASUs) have all been shown to both prevent and relieve the symptoms associated with osteoarthritis and other joint problems. These compounds work by providing the body with the building blocks necessary to maintain healthy joint fluid and repair cartilage.

Choosing the correct supplement for your pet is not an easy task. There are many choices, individual animals respond differently to different compounds,



## Bath Time Survey

### Supplements

**Have you ever used a supplement?  
What were your results?**

- Yes & it worked great!
- Yes but no results.
- I have never tried.

## Upcoming events

*April 8th 2011 4-6pm  
Pet Adoption with the  
Outback Humane Society  
Westside Bend Pet Express*

*April 9th 2011 10am-4pm  
Pet Adoption with the  
Outback Humane Society  
Westside Bend Pet Express*

*April 16th 2011 11am-1pm  
Low Cost Dental Clinic  
Westside Bend Pet Express*



## Up for Adoption

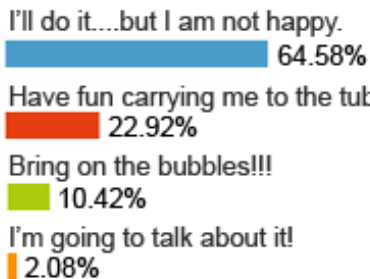


### Ned w/Oregon Outback HS

Ned is a Redbone Coonhound and has the ears to prove it. This happy 11 month old is great with other dogs, walks well on a leash, and is great with kids. Stop by the westside Bend Pet Express April 8th & 9th and meet this great pup in person. [learn more here.](#)

## Survey Results

What is your pets reaction to bath time?



## Facebook Fans!

Help us hit **500 fans** by suggesting us to your friends. One lucky fan won a \$20.00 gift cart in our photo contest! Check out our page [here.](#)

## SUPPLEMENTS *continued from pg1*

and not all manufacturers are honest about the components of their products. In fact, a study by the University of Maryland in the late 1990s showed that 82% of supplements tested did not meet label claims, so it is important to be sure you are getting your supplements from a reputable company. Below is a brief overview of the supplements you should look for when hoping to prevent the problems associated with poor joint health.

**Fish oil** – An excellent source of both Eicosapentanoic Acid (EPA) and Docosahexanoic Acid (DHA). Both acids have been found to decrease inflammation and promote healing of damaged joints.

**Chondroprotective compounds** – Polysulfated glycosaminoglycan, chondroitin sulfate, and glucosamine. These compounds provide the body with the building blocks needed to make joint fluid and cartilage. They are also thought to inhibit enzymes that contribute to joint break down. Chondroprotective compounds work best if used in conjunction with EPA or DHA from fish oil, and MSM or Ester - C.

**Avocado/soy unsaponifiables (ASUs)** – Derived from avocado and soybean oils, ASUs are like chondroprotective compounds in that they stimulate the synthesis of glycosaminoglycans, the building blocks of cartilage and other connective tissue. ASUs also inhibit the chemicals that cause inflammation.

**Methylsulfonylmethane (MSM)** – Also known as DMSO<sub>2</sub>, the sulfur in this compound helps the body better use and absorb the chondroprotective compounds listed above.

**Ester – C** – A form of vitamin C that is very easy for the body to absorb, this supplement is known to help the body use chondroprotective compounds. It also boosts immune system function and energy, particularly important for older pets or those recovering from an injury.

Many companies make “joint formulas” that combine the compounds listed above in varying dosages. It is best to try a formula for 4 to 6 weeks. If you do not see improvement in your pet’s mobility by the end of that time, try a new product. When you find one that works, stick with it. Your pet will thank you for it.

## STAFF PRODUCT PICKS - by Stephanie Clanin

### Nupro Joint Support

**Nupro Joint Support** is my favorite joint supplement. In addition to being a great multi vitamin, it includes MSM, and Ester-C and chondroprotective compounds. We get tons of great feedback and when you mix it with water is makes a gravy that dogs really like.



### Rescue Remedy Calming Aid



**Rescue Remedy** is my favorite stress reliever and its all natural! It is a blend of five Original Bach Flower Remedies that causes an immediate calming effect for most dogs and cats. It helps in stressful situations, or when your pet needs help overcoming any emotional or behavioral problems.