

# 5 TIPS TO PREVENT CANINE ARTHRITIS

## 01. KEEP YOUR DOG TRIM

Obesity places extra stress on the joints and causes them to wear faster. Keeping your dog trim can not only prevent arthritis, but also help decrease pain in dogs with arthritis.

## 02. ADEQUATE EXERCISE

### **Movement is medicine.**

Regular exercise helps keep stiff joints moving providing lubrication to keep joint surfaces healthy.

## 03. REGULAR VETERINARY CARE

An ounce of prevention is worth a pound of cure. Regular visits to the vet can help catch health conditions allowing for early diagnosis and treatment.

## 04. WELL BALANCED DIET

Add whole foods like fresh fruits and vegetables to help ease arthritic pain. Avoid foods high in grain, corn, and fatty proteins to decrease inflammation that damages joint surfaces.

## 05. JOINT PROTECTANTS

Talk to your veterinarian about joint supplements. Joint supplements have been shown to aid in slowing the loss of cartilage, keeping joint surfaces healthier.

