



FROM THE FIELD

Osteoarthritis: When Age Is Not to Blame

*Emi Kate Saito, VMD, MSPH, MBA, DACVPM (Epidemiology)
Banfield Pet Hospital, Vancouver, Wash.*

As veterinary professionals, we know all too well that the signs of osteoarthritis (OA) can be missed or misinterpreted by pet owners. Many times, the subtler clinical signs associated with osteoarthritis are thought to be normal age-related changes.

Because this leads to underdiagnosis of OA, we focused Banfield Pet Hospital's 2019 State of Pet Health® Report on osteoarthritis, including how the condition is linked to excess weight. The largest of its kind, Banfield's 9th annual report was generated using the electronic medical data from the more than 3 million dogs and cats cared for at our hospitals in 2018.

The primary goal of our State of Pet Health Report is to raise awareness among pet owners of the need for regular preventive care and emphasize the role of veterinary care. This year's report focused on client education to better understand OA and its tie to excess weight, debunk common myths about OA and obesity, learn how to recognize signs of OA-specific pain, and lay the groundwork for conversations with their veterinarians about how to approach diagnosis and management. For the most common signs of osteoarthritis in pets, check out this resource at todaysveterinarypractice.com/wp-content/uploads/sites/4/2019/07/decoding-the-signs-of-osteoarthritis.pdf

OA IS A WEIGHTY ISSUE

In 2018, over 6% of dogs and 1% of cats were diagnosed with osteoarthritis—a 66% and 150% increase in prevalence in these species, respectively. We also found dogs with OA are 1.7 times more likely to be overweight and cats 1.2 times more likely. Conversely, we found overweight or obese dogs were 2.3 times more likely to be diagnosed with OA.

As initially detailed in the 2019 Veterinary Emerging Topics (VET)® Report, we identified some barriers to OA patients receiving care, including pet owners not recognizing their osteoarthritic pet is in discomfort or pain. In addition, we found 51% of dogs and 41% of cats newly diagnosed with osteoarthritis are also overweight or obese.

We also turned to our partners at Whistle—a fellow Mars-owned company that produces location and activity tracking devices for pets—to conduct a preliminary analysis from the Pet Insight Project to look at behavior data of the tens of thousands of participating dogs wearing the Whistle activity monitor. This resulted in initial findings that support decreased activity in some of our pets with OA or ones that are overweight or obese (**FIGURE 1**).

Osteoarthritis: When Age is *Not* to Blame

Banfield Pet Hospital®'s research team identified a growing population of pets at risk of developing osteoarthritis, a progressive and degenerative disease that can go undiagnosed, especially in the early stages.

What is OA?

Osteoarthritis (OA) is a form of arthritis caused by inflammation and damage to joint tissue, that can affect both dogs and cats. While OA is more common in older pets, it can develop in pets at *any* age.

OA is a chronic disease that will get worse over time, which can be very painful for pets and make it harder for them to get around comfortably.



Unfortunately, OA has been on the rise over the past 10 years, with a 66% increase in dogs and 150% increase in cats.

OA is a Heavy Issue

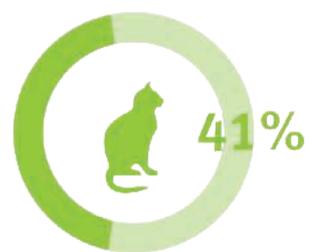
A Joint Effort

Did you know OA and excess weight are linked?

The percentage of overweight and obese pets has reached epidemic levels, and diseases commonly associated with excess weight – including OA – are on the rise.



of Dogs
with OA are also overweight or obese



of Cats
with OA are also overweight or obese

Joint discomfort from OA can keep pets from being active, which can lead to weight gain, which can then worsen the joint condition - a vicious cycle!



What you may think is normal “old age” behavior could actually be OA.*

Partner with your veterinarian to identify signs of OA. If OA is suspected, your veterinarian may recommend the following:

-  Extended physical examination
-  Diagnostic tests
-  X-Rays
-  Anti-inflammatory medications
-  Electronic pet activity monitor
-  Supplements
-  Weight-management program that includes a combination of veterinary therapeutic diet and exercise

For more information, visit www.stateofpethealth.com
*(Flip over to see what to look for at home)



FIGURE 1. Preliminary Pet Insight Project findings on activity levels relating to osteoarthritis and obesity in pets.

NOCITA®

(bupivacaine liposome injectable suspension)

13.3 mg/mL

For local infiltration injection in dogs only

For use as a peripheral nerve block in cats only

Local anesthetic

Single use vial

Caution:

Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Before using this product, please consult the Product Insert, a summary of which follows:

DOG Indication:

For single-dose infiltration into the surgical site to provide local postoperative analgesia for cranial cruciate ligament surgery in dogs.

CAT Indication:

For use as a peripheral nerve block to provide regional postoperative analgesia following onychectomy in cats.

DOG Dosage and Administration:

NOCITA is for single dose administration only. A dose of 5.3 mg/kg (0.4 mL/kg) is administered by infiltration injection into the tissue layers at the time of incisional closure for dogs. A single dose administered during surgical closure may provide up to 72 hours of pain control.

CAT Dosage and Administration:

NOCITA is for administration only once prior to surgery. Administer 5.3 mg/kg per forelimb (0.4 mL/kg per forelimb, for a total dose of 10.6 mg/kg/cat) as a 4-point nerve block prior to onychectomy. Administration prior to surgery may provide up to 72 hours of pain control.

Contraindications:

Do not administer by intravenous or intra-arterial injection. If accidental intravascular administration occurs, monitor for cardiovascular (dysrhythmias, hypotension, hypertension) and neurologic (tremors, ataxia, seizures) adverse reactions. Do not use for intra-articular injection. In humans, local anesthetics administered into a joint may cause chondrolysis.

Warnings:

Not for use in humans. Keep out of reach of children. NOCITA is an amide local anesthetic. In case of accidental injection or accidental topical exposure, contact a physician and seek medical attention immediately. Wear gloves when handling vials to prevent accidental topical exposure.

Precautions:

Do not administer concurrently with bupivacaine HCl, lidocaine or other amide local anesthetics. A safe interval from time of bupivacaine HCl, lidocaine or other amide local anesthetic administration to time of NOCITA administration has not been determined. The toxic effects of these drugs are additive and their administration should be used with caution including monitoring for neurologic and cardiovascular effects related to toxicity.

The safe use of NOCITA in dogs or cats with cardiac disease has not been evaluated.

The safe use of NOCITA in dogs or cats with hepatic or renal impairment has not been evaluated. NOCITA is metabolized by the liver and excreted by the kidneys.

The ability of NOCITA to achieve effective anesthesia has not been studied.

Therefore, NOCITA is not indicated for pre-incisional or pre-procedural loco-regional anesthetic techniques that require deep and complete sensory block in the area of administration.

The safe use of NOCITA in dogs for surgical procedures other than cranial cruciate ligament surgery has not been evaluated.

The safe use of NOCITA in cats for surgical procedures other than onychectomy has not been evaluated.

The safe use of NOCITA has not been evaluated in dogs or cats younger than 5 months old.

The safe use of NOCITA has not been evaluated in dogs or cats that are pregnant, lactating or intended for breeding.

DOG Adverse Reactions:

Field safety was evaluated in 123 NOCITA treated dogs. The most common adverse reactions were discharge from incision (3.3%), incisional inflammation (2.4%), and vomiting (2.4%).

CAT Adverse Reactions:

Field safety was evaluated in 120 NOCITA treated cats. The most common adverse reactions were elevated body temperature (6.7%), surgical site infection (3.3%), and chewing/licking of the surgical site (2.5%).

Storage Conditions:

Unopened vials should be stored refrigerated between 36° F to 46° F (2° C to 8° C) NOCITA may be held at a controlled room temperature of 68° F to 77° F (20° C to 25° C) for up to 30 days in sealed, intact (unopened) vials. Do not re-refrigerate.

Do Not Freeze.

How Supplied:

13.3 mg/mL bupivacaine liposome injectable suspension in 10 mL or 20 mL single use vial. 10 mL supplied in 4-vial carton. 20 mL supplied in a single vial carton and 4-vial carton.

NADA 141-461, Approved by the FDA

US Patent: 8,182,835; 8,834,921; 9,205,052



Manufactured for: Aratana Therapeutics, Inc., Leawood, KS 66211
Additional Information is available at www.aratana.com or by calling Aratana Therapeutics at 1-844-272-8262. NOCITA is a registered trademark of Aratana Therapeutics, Inc. © Aratana Therapeutics, Inc.

NOC-0088-2

August 2018

30%
less active

German Shepherds (3-10 years of age) with osteoarthritis are 25%–30% less active than those without it.

20%
less active

Overweight or obese dogs are up to 20% less active than dogs at a healthy weight.

10%
less active

Adult dogs under the age of 10 that become overweight are 10% less active than those that maintain a healthy weight.

A JOINT EFFORT

As veterinary professionals, we recognize client education and communication are the key components to pets receiving the best care and outcomes. As such, it is important that we remain up-to-date on the latest management and treatment options, ensure that we present a thorough diagnostic plan, set aside the time to get a complete history in order to perform the needed diagnostic tests, and set clear expectations for both the immediate issue and the lifetime of the pet. These are the building blocks of a partnership in developing a proper care plan for each pet, leading to a win-win-win solution for the client, the pet, and the veterinary team. Visit stateofpethealth.com for more information on Banfield's State of Pet Health Report, including our 2019 osteoarthritis findings and client education tools. **TVP**



Emi Kate Saito

Dr. Saito is a member of the Veterinary Affairs team at Banfield Pet Hospital's headquarters in Vancouver, Wash. As senior manager of Veterinary Research Programs, Dr. Saito leverages Banfield's electronic medical records to understand pet health trends and to improve patient outcomes by supporting Banfield's Medical Quality program. She is an alumnus of the University of Wisconsin-Madison, the University of Pennsylvania, Emory University, and the University of Colorado. Her broad career history includes laboratory research, small animal practice, and animal health surveillance.