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LOST AND FOUND PETS IN CAMBRIDGE AND SURROUNDING AREAS

Full Guide to Alternative OA Treatments for Cats

Always consult your veterinarian before introducing any new treatment to ensure it's safe and appropriate for your cat's condition and overall health.

1. Nutritional Supplements

These supplements help reduce inflammation, improve joint health, and support your cat's overall well-being. They can be added to your cat's regular diet and are often recommended as long-term management for osteoarthritis.

YuMove or Green-Lipped Mussel Supplements

- **How it works:** Green-lipped mussel contains omega-3 fatty acids, glucosamine, and chondroitin, which help reduce inflammation and support joint health.
- **Benefits:** Reduces joint stiffness, improves mobility, and supports the repair of joint cartilage.
- **How to use:** Add to food daily. Follow the recommended dosage based on your cat's size and condition.

Cosequin or Dasuquin

- **How it works:** These supplements contain glucosamine and chondroitin, which help maintain healthy cartilage and joint function.
- **Benefits:** Supports cartilage structure, alleviates pain, and reduces inflammation.
- **How to use:** Administer as directed by your veterinarian, usually as a sprinkle on food.

Omega-3 Fatty Acids (Fish Oil)

- **How it works:** Omega-3 fatty acids, particularly EPA and DHA, have anti-inflammatory effects that can help reduce joint pain and stiffness.
- **Benefits:** Reduces inflammation, supports heart and brain health, and improves joint mobility.
- **How to use:** Use fish oil capsules or liquid formulated for pets. Dosage varies depending on your cat's size.



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2. Herbal and Natural Remedies

These natural products can be used to reduce pain, inflammation, and promote joint and nerve health.

Lion's Mane Mushroom

- **How it works:** Lion's Mane is known for its ability to regenerate nerve cells and improve cognitive function.
- **Benefits:** Reduces inflammation, supports nerve regeneration, and may improve your cat's overall energy and mobility.
- **How to use:** Available in powder form. Can be sprinkled on food as a supplement.

Palmitoylethanolamide (PEA)

- **How it works:** PEA is a naturally occurring fatty acid that helps reduce inflammation and relieve pain.
- **Benefits:** Effective for managing chronic pain and inflammation.
- **How to use:** PEA supplements can be found in both capsule and powder form. Consult your vet for the correct dosage.

CBD Oils for Cats

- **How it works:** CBD has anti-inflammatory and pain-relieving properties. It may also have a calming effect on your cat.
- **Benefits:** Reduces pain, promotes relaxation, and helps manage anxiety related to chronic pain.
- **How to use:** Use only CBD oils specifically formulated for cats. Start with a low dose and monitor for any reactions.

Cordyceps

- **How it works:** Cordyceps is a medicinal mushroom known for its anti-inflammatory properties and immune-boosting benefits.
- **Benefits:** Supports joint function, reduces inflammation, and helps improve energy levels.
- **How to use:** Cordyceps is available in powdered or capsule form. You can sprinkle it on food or mix it with water.



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3. Physical Therapy



Physical therapy helps manage pain and improves mobility by promoting healing, reducing inflammation, and strengthening muscles around the joints.

Acupuncture

- **How it works:** Acupuncture stimulates specific points on the body to improve energy flow and reduce pain.
- **Benefits:** Reduces inflammation, relieves pain, and enhances mobility.
- **How to use:** Find a licensed veterinary acupuncturist. Treatment typically involves a series of sessions over several weeks.

Cold Laser Therapy (e.g., HelioPet) ⚠

- **How it works:** Cold laser therapy uses light to penetrate tissues, reduce inflammation, and promote healing.
- **Benefits:** Reduces pain and inflammation, speeds up tissue repair, and promotes joint health.
- **How to use:** Sessions typically last 10-15 minutes. Work with your veterinarian or a specialist trained in cold laser therapy.

⚠ *Please avoid purchasing generic "cold laser" devices from Amazon or eBay unless they are classified as medical devices, UKCA certified , and registered with the MHRA  (or meet the medical device certification and registration requirements in your country).*

Hydrotherapy

- **How it works:** Hydrotherapy involves low-impact exercises in water, which can reduce stress on the joints while still providing movement.
- **Benefits:** Improves mobility, strengthens muscles, and alleviates joint pain.
- **How to use:** Look for a veterinary rehab center that offers hydrotherapy for cats. Your vet can guide you on exercises tailored for your cat's condition.



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4. Lifestyle and Environmental Adjustments

Making changes to your cat's environment and daily routine can help improve comfort and mobility while reducing stress on the joints.

Weight Management

- **How it works:** Maintaining a healthy weight reduces strain on the joints, especially for cats with OA.
- **Benefits:** Alleviates pressure on arthritic joints, improving mobility and reducing pain.
- **How to use:** Consult your vet to determine your cat's ideal weight and implement a suitable feeding and exercise plan.

Orthopedic Beds

- **How it works:** Specially designed beds provide additional support for arthritic joints, helping your cat rest comfortably.
- **Benefits:** Provides relief from joint pressure and supports restful sleep.
- **How to use:** Ensure the bed is made from memory foam or other orthopedic materials for maximum comfort.

Ramps and Steps

- **How it works:** Ramps or steps help your cat reach favorite spots (e.g., furniture, windows) without jumping, which reduces strain on the joints.
- **Benefits:** Prevents injury and strain from jumping, enhancing mobility.
- **How to use:** Place ramps or steps near areas your cat frequents (e.g., bed, couch, windowsill).

Heat Therapy:

- **How It Works:** Heat therapy uses warmth to increase blood flow, relax muscles, and alleviate stiffness in joints. By applying heat to affected areas, it helps reduce pain and improve mobility, making it an effective tool for managing osteoarthritis and other joint-related conditions in cats.
- **Benefits:** Relieves joint stiffness, reduces pain, increases blood circulation.
- **How to Use:** Use a **heating pad designed specifically for pets** to avoid any safety issues with human versions. Apply the heating pad to your cat's sore or stiff joints for **10-15 minutes** at a time. Ensure the heat is not too hot to avoid burns. Always test the temperature before applying it to your cat. Never leave the heating pad on while unsupervised. Use heat therapy **2-3 times a day** depending on your cat's comfort and needs.



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5. Medications

In some cases, medications that don't involve injections may help manage OA symptoms.

Gabapentin

- **How it works:** Gabapentin is commonly used to treat nerve pain and anxiety. It can help alleviate OA-related discomfort in cats.
- **Benefits:** Reduces pain and has calming effects.
- **How to use:** Administered orally as prescribed by your veterinarian.

Meloxicam ⚠️

- **How it works:** Meloxicam is an NSAID that helps reduce inflammation and pain.
- **Benefits:** Eases pain and inflammation associated with OA.
- **How to use:** Can be administered orally or as an injectable form. It's important to monitor your cat for any side effects and follow your vet's instructions carefully.

⚠️ *In some cases, veterinarians may prescribe meloxicam for cats, but **only under strict guidelines and for short-term use**. Regular blood tests and monitoring of kidney function are essential to detect any early signs of toxicity.*

6. Emerging Therapies

These treatments show potential in promoting joint health and repairing damaged tissues.

Stem Cell Therapy

- **How it works:** Stem cell therapy uses your cat's own stem cells to regenerate damaged tissues and reduce inflammation.
- **Benefits:** Promotes healing of cartilage and improves joint function.
- **How to use:** Administered as a procedure by a veterinary specialist.

Platelet-Rich Plasma (PRP)

- **How it works:** PRP uses your cat's own blood platelets to promote healing in damaged joints.
 - **Benefits:** Stimulates tissue regeneration and improves joint health.
 - **How to use:** A veterinarian draws your cat's blood, processes it, and injects it into the affected joint.
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Care Plan for Managing OA in Cats

Daily Routine

1. **Diet:** Ensure your cat is on a balanced diet tailored for joint health. Use joint support supplements like green-lipped mussel or fish oil.
2. **Pain Management:** Monitor your cat's pain levels. Use supplements like CBD oil or PEA for ongoing support, and consult your vet about the use of gabapentin or meloxicam if necessary.
3. **Physical Activity:** Incorporate gentle stretching and low-impact exercise (e.g., hydrotherapy, playing with toys). Avoid overexertion.
4. **Environmental Adjustments:** Ensure your cat's environment is comfortable with orthopedic beds, ramps, heating pads, and steps to reduce strain on their joints.
5. **Weight Management:** Follow a weight management plan to ensure your cat remains at a healthy weight and reduces strain on their joints.

Vet Visits

- Regular checkups (minimum twice a year) are required to monitor progress and make adjustments to the care plan.
- Consider scheduling physical therapy or acupuncture if needed.
- Keep your vet informed about any changes in your cat's condition.