## **PAIN** prevention

## What you need to know about your pet's pain

ets are often stoic about pain. As predators, cats especially are adept at masking their pain. So as a pet owner, you need to keep a keen eye on your furry friends to uncover aches and pains early.

Behavior changes may signal pain. This includes cats who don't enjoy being petted anymore, dogs who become aggressive, or pets who stop jumping on the bed or climbing stairs. Any of these reactions could be signs that your pet is in pain.

The medication your veterinarian prescribes is central to your pet's health and comfort. It's important to avoid missing doses or dosing improperly.

There are various formulations and ways to administer your pets' pain medications. Your veterinarian will help to find the right dosage and delivery method, which increases the chance that your pet gets the medication it needs to be comfortable. Human medications are often dangerous for pets. Always ask your veterinarian before you give your pet any medication that isn't prescribed.

There are several ways to make your pet feel more comfortable. If you're good with tools, you can build ramps for better accessibility. There are also all types of products out there that make things easier for your pet, such as raised food and water dishes or a litter box with lowered sides. Ask your veterinarian for a recommendation.

Diet—especially to maintain an ideal weight—is key. For older pets with painful conditions such as osteoarthritis, helping them reach a healthy weight can help them manage pain and maintain mobility.