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The Newly Diagnosed Canine Osteoarthritis Patient

What Is Librela™?

Librela™ (bedinvetmab injection) is a monthly treatment for the control of pain associated with OA in dogs. It is administered once monthly via subcutaneous injection (ie, under the skin) by a veterinarian.^{8,9} This treatment targets nerve growth factor (NGF), a chemical signal produced by the body in response to OA.^{10,11} By counteracting NGF, Librela alleviates pain associated with OA in a way that is unique as compared with other pain control options.^{8,9}

Some dogs show signs of improvement as soon as 7 days after the first injection, whereas other dogs may take up to 6 weeks (2 weeks after the second injection) to show a significant response.^{8,9} Your veterinarian will work with you to monitor your dog's response to Librela and ensure that the treatment is helping your dog.

Librela has been recognized as safe and effective for the control of OA pain in dogs.^{11,12} If you suspect that your dog may be having side effects, contact your veterinarian.

Osteoarthritis (OA) is a chronic, progressive joint disease that causes pain and inflammation, significantly affecting a dog's quality of life.¹ Although OA is a lifelong condition, interventions such as lifestyle changes (eg, weight modification, exercise) and effective pain control can help dogs return to the activities they love.¹

Many people think of OA as a condition of older dogs, but OA can affect dogs of all ages. In a study, almost 40% of young dogs (ie, 8 months to 4 years of age) had radiographic evidence of OA in ≥ 1 joint.² OA is also more likely to occur in dogs with hereditary joint disease such as hip dysplasia, a prior joint injury, a genetic predisposition to OA, and/or obesity.³

OA is a painful condition that negatively impacts quality of life. Signs of OA, which may be very mild at first, can include limping, stiffness (particularly when first getting up), reluctance to exercise or jump, appetite changes, and behavioral changes (eg, going to the bathroom in inappropriate places).⁴

Although OA cannot be cured, early and proactive treatment can help reduce symptoms. Fortunately, you and your veterinary team can work together to manage your dog's OA and maintain your dog's joint function and quality of life.

Lifestyle Modifications for Osteoarthritis

Lifestyle changes, such as weight control and exercise, play a key role in OA management. Many dogs are overweight at the time of diagnosis,⁵ and achieving a healthy body weight is critical in OA management.¹ If your dog is not at an ideal weight, your veterinarian may recommend a prescription diet and measured meals, along with other lifestyle modifications (eg, lower calorie treats), to aid in their weight management.

Physical activity, typically in the form of walks, can also offer marked benefits in OA management,⁶ as activity can help improve joint mobility and strengthen the muscles that support major joints. However, to ensure a smooth transition back to an active lifestyle, it is important to gradually increase your dog's physical activity, because increasing your dog's

Back-to-Play Plan

Phase 1

Week 1

- Start with a short walk (up to 5 minutes, less if they show signs of fatigue).
 - Walk your dog on a leash, on a flat surface for up to 5 minutes twice a day.

Weeks 2-4

- Each week, add 1 to 2 minutes to the walk, staying on a flat surface.

*Checkpoint: Move to phase 2 if your dog is able to walk for ≥10 minutes a day, 5 days a week on a flat surface without increased limping or stiffness afterwards.

Phase 2

Week 1

- Add easy hills.
 - Keep walks the same length as the previous week (around 10 minutes), but add gentle hills 3 days a week.
 - If you do not live near any hills, try to find a dirt or wooded trail to walk on and slightly increase your walking pace.

Week 2 & Onward

- Add 1 to 2 minutes per week, and include hills 3 days a week.
 - Walk on different surfaces (grass, trails, sand); try to incorporate ≥3 times a week.

*Checkpoint: Move to phase 3 if your dog is able to walk for ≥20 minutes, 5 days a week without increased limping or stiffness.

Phase 3

Week 1

- Add 2 to 4 minutes a week to current walks.
- Include hills 3 days a week.
- Walk ≥5 days a week.
- Walk on trails 2 days a week.

activity level too quickly can put them at risk for developing new injuries or increased pain.⁷

General guidelines for increasing the average dog's activity after starting an appropriate pain control option such as Librela (see **What Is Librela™?**, previous page) are outlined in the **Back-to-Play Plan** section.⁷ However, consider consulting with your veterinarian to create a tailored exercise plan for your dog.

Remember, every pet is unique and not all dogs will smoothly progress through these phases. If your dog experiences increased limping or stiffness that does not improve within 2 to 3 days, contact your veterinarian. Some pets may also have unique considerations such as weight loss plans, previous injuries, and underlying illnesses that can alter their fitness plan.

Conclusion

Although OA can have significant impacts on a dog's quality of life, offering lifestyle modifications and effective pain relief can provide your dog with a chance to return to a more active lifestyle. By following a slow and steady return to exercise, you and your dog can get back to enjoying the activities you love together.

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LIBRELA IMPORTANT SAFETY INFORMATION: Librela is for use in dogs only. Women who are pregnant, trying to conceive or breastfeeding should take extreme care to avoid self-injection. Hypersensitivity reactions, including anaphylaxis, could potentially occur with self-injection. Librela should not be used in breeding, pregnant, or lactating dogs. Librela should not be administered to dogs with known hypersensitivity to bedinvetmab. Adverse events reported post-approval include ataxia (lack of balance/coordination), anorexia (loss of appetite), lethargy (tiredness), emesis (vomiting), and polydipsia (increased drinking). The most common adverse events reported in a clinical study were urinary tract infections, bacterial skin infections and dermatitis (skin irritation/inflammation). For complete safety information, refer to the full prescribing information LibrelaPI.com.