



FOREVER HOME GREYHOUND ADOPTIONS



PROUDLY SERVING THE ENTIRE NORTHEAST REGION!

GLUCOSAMINE AND JOINT HEALTH

Greyhounds are athletes and just like any other athletes their joints have had a lot wear and tear put on them by running. Arthritis to some extent is a likely result of this stress. It will not be apparent when a dog first retires and may not be obvious for many years but there's a good chance as he gets older he will begin to stiffen. Sounds ominous, doesn't it? Well, it doesn't have to be a problem at all if you take care of those joints.

How do I do that, you may ask. Very simple: glucosamine. This is a supplement made from an amino sugar derived from shellfish and is completely natural. It is said to be a building block of cartilage and can actually help rebuild the cartilage in the joints as well as lubricate them.

I began to notice when my oldest greyhound was about nine years old he was having a little trouble getting up from his bed; it seemed to take him a few seconds longer than it should and it looked like a struggle at times. I had read some articles about glucosamine and read the claims, along with a few testimonials. Now, I am a real skeptic and don't jump into something just because a few people say good things about it. But I decided to give it a try for Bo's sake. I ordered some and started giving him the recommended dose of 1500 mg. a day, mixed with his dinner, and within a month I saw a difference. He was getting up just as quickly as my younger hound and he became more playful--not quite like a young pup but definitely more active. I was sold.

Two very nice things about this supplement are it's not expensive and it has no apparent side effects. You can get it in powder-filled capsules to mix with food or in tablets. I prefer the powder, as it saves me the trouble of sticking my hand in his VERY large and toothy mouth. Bo is, by all accounts, a big, big greyhound at 29 inches at his shoulder and nearly four feet long--makes for a long reach to the back of his tongue. And slobbery.

If your dog has an advanced case of arthritis you might want to consider also giving him or her chondroitin sulfate--shark cartilage. This is a very powerful supplement and in conjunction with glucosamine it has helped many people with serious arthritis and other joint problems. Often the two are sold in a combination and that would probably be the simplest way to give them.

This information is designed to provide valuable information about caring for your Greyhound. Questions and concerns may be directed to either Paula 518-261-7025 or Martha 518-883-5554. Remember be kind and be patient and you will discover a joy beyond belief as you watch your new Greyhound blossom and flourish under your loving guidance.