

# 5 TOP BREEDS

and their risk for canine osteoarthritis (OA)



## Labrador Retriever

POPULARITY IN U.S. First<sup>1</sup>

PERSONALITY Friendly / Active / Outgoing

**PHYSICAL TRAITS:**

HEIGHT 22.5-24.5 in (male) | 21.5-23.5 in (female)

WEIGHT 65-80 lb (male) | 55-70 lb (female)

LIFE EXPECTANCY 10-12 years

**FUN FACT** In 1910, Peter of Faskally was the only retriever to win two open stake field trials in one season. He is also known to be the original bloodline for all present-day Chocolate Labradors.

RISK OF CANINE OA: **VERY HIGH<sup>2</sup>**

**OA FACTOID** OA is the most common cause of chronic pain in dogs and Labs are genetically prone to elbow disease that can cause OA.<sup>3</sup>



## German Shepherd

POPULARITY IN U.S. Third<sup>1</sup>

PERSONALITY Smart / Confident / Courageous

**PHYSICAL TRAITS:**

HEIGHT 24-26 in (male) | 22-24 in (female)

WEIGHT 65-90 lb (male) | 50-70 lb (female)

LIFE EXPECTANCY 7-10 years

**FUN FACT** German Shepherds have a unique stack or "pose," featuring one rear leg under the body and one extended, as opposed to conventional "square" stacks (parallel front and rear) or extended stacks.

RISK OF CANINE OA: **VERY HIGH<sup>2</sup>**

**OA FACTOID** When admiring your German Shepherd's athleticism and form, take notice of any shifting of weight from side to side or front to back, which could be a sign of early OA.



## Golden Retriever

POPULARITY IN U.S. Fourth<sup>1</sup>

PERSONALITY Intelligent / Friendly / Devoted

**PHYSICAL TRAITS:**

HEIGHT 23-24 in (male) | 21.5-22.5 in (female)

WEIGHT 65-75 lb (male) | 55-65 lb (female)

LIFE EXPECTANCY 10-12 years

**FUN FACT** The first three dogs of any breed to achieve the American Kennel Club (AKC) Obedience Champion title, first available in 1977, were all Golden Retrievers.

RISK OF CANINE OA: **VERY HIGH<sup>2</sup>**

**OA FACTOID** The devotion of Goldens motivates them to keep up with you even if it causes joint pain. Paying attention to their mobility and demeanor can help you identify early signs of OA before it becomes debilitating.



## Bulldog

POPULARITY IN U.S. Fifth<sup>1</sup>

PERSONALITY Calm / Courageous / Friendly

**PHYSICAL TRAITS:**

HEIGHT 14-15 in (male / female)

WEIGHT 50 lb (male) | 40 lb (female)

LIFE EXPECTANCY 8-10 years

**FUN FACT** Hannah-Barbera's animated film series "Tom and Jerry" features a Bulldog named Spike, who made his first appearance in 1942.

RISK OF CANINE OA: **HIGH<sup>2</sup>**

**OA FACTOID** Dogs, including Bulldogs, usually start developing OA in the first four to six months of life when their joints are growing rapidly.<sup>4</sup>



## Rottweiler

POPULARITY IN U.S. Eighth<sup>1</sup>

PERSONALITY Loyal / Loving / Confident Guardian

**PHYSICAL TRAITS:**

HEIGHT 24-27 in (male) | 22-25 in (female)

WEIGHT 95-135 lb (male) | 80-100 lb (female)

LIFE EXPECTANCY 9-10 years

**FUN FACT** When the Roman legions made their way across Europe they utilized herding dogs to move and guard cattle. Today's modern Rottweiler is thought to be a descendant of the Asian Mastiffs that were once used to breed herders.

RISK OF CANINE OA: **VERY HIGH<sup>2</sup>**

**OA FACTOID** One in five dogs over 1 year old may be affected by OA, so don't wait until your Rotty is older to talk to your veterinarian about OA.

## What is canine OA?

Canine OA, also referred to as degenerative joint disease, is a painful, progressive disease characterized by deterioration of joint cartilage and components.<sup>3</sup> Over time, this can lead to bone-on-bone contact, chronic inflammation, swelling and a very uncomfortable life for a dog.<sup>3</sup>



## Early signs of canine OA

Catching OA in an early stage provides the best opportunity to help slow the effects of osteoarthritis before your dog's joint cartilage wears away and cannot be repaired. Look for these early warning signs:<sup>5,6</sup>

- Acts more anxious, restless or irritable
- Struggles to get comfortable and frequently changes positions
- Slower to get up or sit down
- Shifts weight from side to side or front to back while standing
- Shows less interest in playing
- Hesitates before doing normal activities like walking, sitting or climbing stairs

EARLY  
OA

## Treating canine OA

The best way to handle canine OA is to do everything you can to prevent it from progressing by making sure your dog stays active, eats a healthy diet and doesn't become overweight. But even with these precautions, your dog may still experience OA because of genetics and normal wear and tear on joints. The next best thing to a preventive lifestyle is to focus on slowing the effects of OA – loss of cartilage, pain from inflammation and joint damage, mobility limitations – as much as possible.

When you notice the early signs of OA, talk with your veterinarian to discover ways to help slow the progression of OA for your dog.



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