



## Overview/description

### **Shifting the Timeline on Canine Osteoarthritis to early recognition and intervention**

Dr. Laura Romano will address arthritis in our canine patients, one of the most common conditions we encounter and one of the most consequential. Osteoarthritis is a leading driver of chronic pain and diminished quality of life in dogs — quietly stealing their comfort, their mobility, and their joy, often long before we formally recognize it. The good news is that we can do better. We can act earlier. We can treat it more effectively. And that is exactly what this session is about. Let's dive into arthritis, starting from the very beginning. We will cover risk factors, environmental factors, and early interventions. Most arthritis cases are treated at the end-stage of the disease. We need to adjust where we intervene along the timeline.

## Speaker's bio and credentials



### **Laura Romano, DVM, Dipl. ACVSMR**

Dr. Laura Romano specializes in veterinary sports medicine and rehabilitation. She received her Doctor of Veterinary Medicine from the Ontario Veterinary College at the University of Guelph in 1994 and began her private practice in Victoria, BC, that same year. Dr. Romano returned to Victoria in 2020 after spending 20 years in Calgary as a senior partner in a multi-veterinarian practice. Dr. Romano's interest in this field began while she was a student at the Ontario Veterinary College. After graduation, she obtained certifications in chiropractic (1996), acupuncture (2003), and rehabilitation (2004), as well as advanced training in chiropractic neurology (2007). Dr. Romano has authored multiple papers about rehabilitation. She received Diplomate status in the *American College of Veterinary Sports Medicine and Rehabilitation* in 2016. Her current interests include improving diagnostics using tools such as ultrasound and advancing therapeutics through regenerative medicine and other targeted intra-articular injections.



## Questionnaire

- 1. What is the most common metabolic disease in young dogs?**
  - Diabetes
  - Obesity
  - Cushings
  - Hypothyroidism
- 2. In the Enomoto Scientific Report 2024 paper looking at young dog arthritis, what percentage of dogs 48-month-old had arthritis?**
  - 12%
  - 21%
  - 57%
  - 80%
- 3. In the Enomoto Scientific Report 2024 paper looking at young dog arthritis, what was the most common number of joints affected in each dog?**
  - One joint
  - Two joints
  - Three/Four joints
  - Five or more joints
- 4. If you are going to give a young dog pain control, when should you withdraw it?**
  - After 10 days
  - When they are close to a good body condition score
  - When body composition has changed due to training
  - B and C are correct
- 5. When A. Wright et al (JSAP 2022) asked 6 questions involving 500 dogs, what percentage of dogs did they find with undiagnosed arthritis?**
  - 5%
  - 19%
  - 39%
  - 63%



**6. If the mean age of diagnosing arthritis is 10.5 years old in dogs, then that means...**

- Vets don't have a high degree of suspicion before then
- Owners are not skilled at early detection
- Dogs carry a large pain burden before 10.5 years
- All are correct

**7. The number one cause of arthritis in dogs is...**

- Developmental
- Trauma
- Infection
- Wear and tear

**8. Radiographs are good at**

- Diagnosing arthritis in young dogs
- Good for identifying some developmental changes
- Are cost effective
- B and C are correct

**9. Orthopedic exams**

- Can exclude young dog arthritis
- Catch arthritis in the early stages
- Are easy to do in all dogs
- Tend to pick up late-stage arthritis

**10. Exercise is**

- Very important in managing arthritis
- Should concentrate on endurance training
- Is safe to increase 50% if the dog is eager
- Has been shown to be detrimental to arthritis



**COMMUNIVET™**

**PERSONAL INFORMATION:**

**First name:**

---

**Last name:**

---

**Type:**

---

*(Veterinarian, Technician)*

**Licence number:**

---

**Province where you practise:**

---

**Email:**

---



**COMMUNIVET™**

## **CERTIFICATE OF COMPLETION**

**Educational webcast**

**Shifting the Timeline on Canine Osteoarthritis  
to early recognition and intervention**

**Presented by**

**Laura Romano, DVM, Dipl. ACVSMR**

**This document confirms that**

***Dr. Lorem Ipsum***

has viewed the above-mentioned webcast and has answered and submitted the questionnaire meant to evaluate the understanding of the content.

Date:

Province of licensure:

Licence number:

**CE credit (s) earned: 1**