



BRIARPOINTE VETERINARY CLINIC

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HYPOTHYROIDISM

What is the thyroid gland and what does it do?

The thyroid gland is one of the most important glands in the body. It is located in the neck near the trachea or “windpipe” and has two lobes, one on each side of the trachea. This gland is controlled by the pituitary gland, which is located at the base of the brain.

The thyroid gland regulates the body’s metabolic rate. If the thyroid is overactive (*hyperthyroidism*), the body’s metabolism is elevated. If it is underactive (*hypothyroidism*), the metabolism slows down.

What causes hypothyroidism?

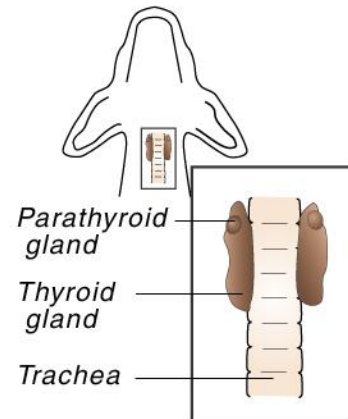
Hypothyroidism is usually caused by one of two thyroid diseases: *lymphocytic thyroiditis* or *idiopathic thyroid gland atrophy*. The former disease is the most common cause of hypothyroidism and is thought to be an immune-mediated disease. This means that the immune system decides that the thyroid is abnormal or foreign and attacks it. It is unclear why this occurs. In idiopathic thyroid gland atrophy normal thyroid tissue is replaced by fat tissue. This condition is also poorly understood as to its cause.

These two causes of hypothyroidism account for more than 95% of the cases in dogs. The other five percent are due to rare diseases, including cancer of the thyroid gland. There are also situations where the thyroid gland produces less thyroid hormone secondary to other diseases; this form usually resolves when the primary disease is treated.

What are the clinical signs?

When the metabolic rate slows down, virtually every organ in the body is affected. Most dogs with hypothyroidism have one or more of the following symptoms:

- Weight gain without an increase in appetite
- Lethargy and lack of desire to exercise
- Cold intolerance (gets cold easily)
- Dry, dull hair with excessive shedding and flaking
- Very thin to nearly bald hair



- Increased dark pigmentation in the skin
- Increased susceptibility and occurrence of skin and ear infections
- Failure to re-grow hair after clipping or shaving
- High blood cholesterol

Some dogs also have other abnormalities such as:

- Thickening of the facial skin so they have a "tragic facial expression"
- Abnormal function of nerves causing non-painful lameness, dragging of feet, lack of coordination, and a head tilt
- Loss of libido and infertility in intact males
- Lack of heat periods, infertility, and abortion in females
- Fat deposits in the corneas of the eyes
- Keratoconjunctivitis sicca (KCS) or "dry eye" due to lack of proper tear production

How is it diagnosed?

Initial testing usually involves a Thyroid panel, which tests thyroid hormone level from the thyroid gland, Thyroid Stimulating Hormone (TSH) from the Pituitary gland, and Free T₄ by Equilibrium Dialysis (FT₄ ED). If FT₄ is low to below normal and clinical signs are present, this is diagnostic of hypothyroidism. Additional tests may be necessary based on your pet's condition.



Can it be treated?

Fortunately, Hypothyroidism is a disease that is easily *treatable*, however it is not *curable*. It is treated with oral administration of thyroid replacement hormone. This drug must be given for the rest of the dog's life.

How is the proper dose determined?

There is a standard dose that is used initially based on the dog's weight. After several weeks of treatment, further testing is done to verify that the thyroid hormone levels are normal. The dose will need to be further adjusted and maintained by performing TT₄ levels approximately every six months on your pet. Close communication is necessary in order to ensure that your dog is neither over nor under-dosed.

What happens if the medication is overdosed?

Signs of hyperthyroidism can result. These include hyperactivity, lack of sleep, weight loss, and an increase in water consumption. If any of these occur, please contact us immediately.