



DANADA VETERINARY HOSPITAL, P.C.

Hypothyroidism In Dogs

The thyroid gland is one of the most important glands in the body. It is located in the neck near the trachea and is composed of two lobes, one on each side of the trachea (windpipe). This gland is controlled by the body's master gland, the pituitary gland, located at the base of the brain. It regulates the rate of metabolism. If it is hyperfunctional, metabolism speeds up. If it is less functional than normal, metabolism slows down. Barring a tumor called thyroid carcinoma, dogs only develop hypothyroidism or low thyroid production.

Causes

Hypothyroidism is almost always caused by one of two 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 not known why the immune system does this. Idiopathic thyroid gland atrophy is also poorly understood. Normal thyroid tissue is replaced by fat tissue in what is considered a degenerative disease. These two causes of hypothyroidism account for more than 95% of the cases. The other five percent are due to uncommon diseases, including cancer of the thyroid gland.

Clinical Signs

When the rate of metabolism slows down, virtually every organ in the body is affected in some manner. Most affected dogs have one or more of the following typical abnormalities:

- Weight gain without an increase in appetite
- Lethargy and lack of desire to exercise
- Cold intolerance (gets cold easily)
- Dry haircoat with excessive shedding
- Very thin haircoat to near baldness (often symmetrically affecting both sides of the body)
- Increased pigmentation in the skin
- Increased susceptibility to skin and ear infections
- Failure to regrow hair after clipping or shaving
- High blood cholesterol

Some dogs also have other abnormalities that are not typical. These include:

- Thickening of the facial skin so they have a "tragic facial expression"
- Abnormal function of nerves causing non-painful lameness, dragging of feet, incoordination, and a head tilt

- Loss of libido and infertility in intact males
- Lack of heat periods, infertility, and loss of pregnancy in females
- Fat deposits in the corneas of the eyes
- Keratoconjunctivitis sicca (“dry eye” due to very thick tears)

Diagnosis

The most common test performed when hypothyroidism is suspected is a T4 or a total T4 level. This is a measurement of the main thyroid hormone in a blood sample. If it is below normal and the correct clinical signs are present, the test is meaningful. However, testing for the T4 level can be misleading because some dogs that are not hypothyroid may have subnormal levels. This happens when another disease is present or when certain drugs are given that may suppress thyroid function temporarily.

In patients where hypothyroidism is suspected and the TT4 or T4 are low, a second test is added to help confirm the diagnosis. This test, a thyroid stimulating hormone (TSH) level, measures the signal that is attempting to wake up the thyroid when more hormone is needed. A low T4 with a high TSH is definitive for diagnosing hypothyroidism. If the TSH is normal, other causes should be explored for the dog’s clinical signs.

Additional tests can be performed if initial tests are borderline. These include screening other variants of thyroid hormone in the body as well as measuring for antibodies against the thyroid tissue.

Treatment

Hypothyroidism is treatable but not curable. It is treated with oral administration of a thyroid replacement hormone. This drug must be given for the rest of the dog’s life.

There is a standard dose that is used initially; it is based on the dog’s weight. However, after about one month of treatment, further testing is done to verify that the thyroid hormone levels are normal. In some dogs, the dose will need to be further adjusted. Once the proper dose is established, thyroid levels are checked every 6-12 months for the rest of the dog’s life.

Overdosing of Thyroid Medication

Signs of hyperthyroidism can be triggered if too much thyroid supplement is administered. These include hyperactivity, lack of sleep, weight loss, and an increase in water consumption. If any of these occur, retesting may be warranted.

Prognosis

With proper supplementation, hypothyroidism has an excellent prognosis with most patients experiencing good control of their disease throughout their entire lifetime.