



Monroe Pet Press



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Y/d Diet: A New Option for Hyperthyroid Cats

A common condition that is seen in middle-aged to older cats is an overactive thyroid gland, or hyperthyroidism. This is typically treated with medication, radioactive iodine injection, or surgery. Now, a new option is available which is a prescription diet made by Hill's called Y/d.



Hyperthyroidism typically develops in cats when a benign growth on one or both of the thyroid glands starts to secrete excess thyroid hormone. This results in a cat's metabolism increasing. Signs of hyperthyroidism may include weight loss despite good appetite, over-activity, increased thirst, vomiting or diarrhea. Left untreated this

condition leads to high blood pressure, cardiac disease, injury to the kidneys, and potentially blindness caused by retinal detachment. In the early stages signs may not be visible which is why we routinely check thyroid or T4 levels with cats' geriatric bloodwork.

The vast majority of cats have historically been managed with either medication or radioactive iodine (I131). While surgery to remove the affected nodule can be done, it carries risks of anesthesia in a patient that is more prone to heart disease, the condition can recur if any abnormal thyroid tissue is left behind, and costs as much as the less invasive I131 injection.

Medication (methimazole) works by limiting the ability of the thyroid to utilize Iodine, thereby reducing production of thyroid hormone. It can be

given as an oral tablet, liquid, or prepared into a transdermal gel that is applied to the cat's ear. Its main advantage is cost but disadvantages include need for daily long-term therapy, regular monitoring, and risk of side effects that may preclude its further use.

Radioactive iodine works by selectively destroying the abnormal thyroid tissue while sparing the normal tissue. While this therapy is curative in 98% of cases with a single injection main disadvantages are cost (about \$1500-2,000) and need for 3-4 days hospitalization at a referral hospital)

After years of research and development, Hill's Science Diet recently made available a new option for the treatment of hyperthyroid cats. Y/d diet is an ultra-low iodine diet that lowers thyroid hormone by limiting the gland's ability to make thyroid hormone (much like methimazole). It does this without need for medication and is available in both dry and canned forms.

If Y/d is considered for treatment of a hyperthyroid cat one important consideration is that it MUST be fed exclusively. Just eating 1 teaspoon of normal food or tablescraps would be enough to override the low iodine in the diet and potentially cause hyperthyroid signs to recur. Also, if used in a multi-cat household ALL cats will likely need to eat this food to avoid this issue. Hill's does recommend giving normal cats a small amount of regular food once weekly (separate from the affected cat) to ensure adequate iodine even though their studies did not show any adverse effects.



If Y/d is an option you would like to consider for your hyperthyroid cat, please call the office to setup a consult to discuss transitioning your pet from methimazole.

Top Ten Veterinary Schools

US News and World Reports recently released their list of top ten veterinary schools in the United States. Currently there are 29 veterinary schools in the US. The rankings were based on the results of peer assessment surveys sent to deans, other administrators, and/or faculty at accredited degree programs or schools in each discipline. All schools surveyed in a discipline were sent the same number of surveys. Respondents rated the academic quality of programs on a 5-point scale: outstanding (5), strong (4), good (3), adequate (2), or marginal (1).

The Top ten veterinary schools were (in descending order):

11-9 Tie: Michigan State University, University of Georgia, and University of Minnesota-Twin Cities

8. Texas A&M University-College Station

7-5 tie: University of Pennsylvania, The Ohio State University, University of Wisconsin-Madison

4-3 tie: Colorado State University and North Carolina State University

2. University of California Davis

1.  **Cornell University**
College of Veterinary Medicine

Leptospirosis, and Canine Influenza Update

Recently, some local animal hospitals have reported new cases of leptospirosis. This bacteria can cause kidney or liver failure in dogs and is potentially contagious to people. The bacterium that causes it is passed in the urine of infected wild animals. Dogs are potentially exposed to it through standing pools of water. The recent weather events probably have played a role in its recurrence.

We recommend using the 4 serovar vaccination for this disease in any dog that has outdoor exposure.



Canine Influenza is still present in NJ. Recently the Bergen County Animal Shelter in Teterboro had to put a hold on adoptions and close while dealing with an

outbreak of this virus. The canine influenza virus, which is not contagious to people, is spread through direct contact like licking and nuzzling, (even while dogs are not showing signs of the illness), through the air via coughing and sneezing, and via contaminated surfaces. While the signs of this disease are similar to those of people, this virus is not contagious to humans. Since this is a newer virus most dogs who are not vaccinated are susceptible.

We recommend the H3N8 canine influenza vaccination for all dogs that potentially come into contact with other dogs at kennels, dogparks, or groomers

Pet Photos With Santa

Our 4th annual Pet Photos with Santa will take place **Saturday,**

December 3, 2010
between 11am and 1:30 pm. The event

is free to all! Printed pictures will be given and digital copies will be posted on our facebook page and website. As in previous years we will have a representative from the Animal Rescue Force present to collect donations.

Please call the office to reserve a time for your pet's holiday photo. We look forward to seeing you!

We wish you and your family a safe, healthy and happy holiday season and New Year!

