

# St Bernards Buzz

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Hello! We hope whoever is reading this is well and possibly enjoying a relaxing of the social restrictions if they have come about. We have been open for business as usual and are looking forward to the day when you, our valued clients, are able to enter the clinic again. Thanks once again for your understanding and flexibility with the adjusted working protocols – especially for consults. We're thinking some of you are enjoying the carpark and curb side service a little too much for picking up medications

and other purchases! It was suggested just recently that we install a drive through! Sorry. That's not going to happen even though that's a wonderful idea!

## What is an Endocrine Disease?

An endocrine disease is a fancy way of describing **a disease that is caused by a hormonal imbalance**. These diseases are relatively common and can greatly affect your pet's quality of life. Some diseases can even be life threatening if they are not diagnosed and treated correctly.

Endocrine diseases can develop because a gland is not functioning properly or the control of the gland is faulty.

When too much hormone is produced, the disease is referred to as a hyper disease. Tumours and abnormal tissue growth commonly cause an overproduction of hormone.

A hypo disease occurs when too little hormone is produced. Endocrine glands that are destroyed, removed, or just stop working cause these diseases.

### Keep a look out for the following:

Changes in appetite and thirst

Changes in weight

Changes in coat and skin

Changes in behaviour

There are multiple ways we can treat an endocrine disease but diagnosis of the actual cause of the disease is essential. Make sure your pet receives regular health checks with us.

## Cushing's Disease – One to watch out for



Cushing's Disease is one of the most common endocrine diseases seen in dogs. It is a slow and progressive disease caused by the overproduction of the stress hormone cortisol.

Cortisol is a normal hormone that is produced by the adrenal gland, and this hormone is essential for normal body function. Unfortunately, in some animals, the adrenal gland produces too much cortisol and

can have detrimental effects on your pet's quality of life.

In some cases, Cushing's can be caused by an external source of cortisol, such as the long term administration of cortisone.

### Watch out for these signs of Cushing's Disease:

Excessive thirst and appetite

Excessive urination

A pot belly    Ongoing skin problems, thin skin and hair loss

Poor tolerance of heat and excessive panting    Lethargy

Blood and urine tests are needed to diagnose Cushing's disease. It is also important that other endocrine diseases such as diabetes are ruled out.



## Patient of the Month Charli

Charli is a very friendly senior Border Collie who came to the St Bernards Road Veterinary Clinic last week for some blood tests to investigate her panting and hair loss issue. She stayed the day with us as we had to collect multiple samples of blood throughout the day. Charli really enjoyed her day here receiving lots of pats and attention. She also entertained the staff with her singing as she sang to the rhythm of the phone ringtone.

Fortunately, Charli's result came back negative for Cushing's disease which is a relief to her owner and the staff. She'll be back soon for further investigation. We look forward to seeing her and we're sure she'll be looking forward to seeing us too!

