

# Derm Digest

Indianapolis IN • Louisville KY • Marietta GA • Pasadena CA  
Marina del Rey CA • San Diego CA • Tustin CA



Animal Dermatology Clinic

Advancing the Art of Veterinary Dermatology

February 2012

## Derm disease: Hypothyroidism



*Hypothyroidism can cause hair loss and sores as shown in this patient. Photo: Animal Dermatology Clinic*

*Hypo-* means deficient or inactive, so hypothyroidism is deficient thyroid hormone. *Whoa!* Isn't the thyroid on the *inside* of the dog? Why would the doctors at Animal Dermatology Clinic deal with an internal disorder?

Of the many symptoms that are exhibited by hypothyroidism, hair loss and brittle coat are common. Increased pigment in the skin, scaling and crusted sores may develop. The sores may lead to increased itching and infections accompanied by a foul odor. It is these dermatological conditions that alert owners that something is amiss with their dog and these skin and coat conditions may lead the pet owner to the veterinary dermatologist. Low activity level, droopy eyelids and weight gain have also been observed in the hypothyroid dog.

This multitude of symptoms may seem unrelated until it is understood that the thyroid gland of the dog acts as a master gland, controlling many tissues in the dog's body to some extent.

Cats that develop thyroid problems are usually *hyper*thyroid meaning, an overactive thyroid gland.

The symptoms of hypothyroidism are found in other diseases and only thorough testing will yield the correct diagnosis.

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## Top Pet Names in 2011



What's in a name? If it is your pet's name perhaps there was considerable thought that was made before placing that moniker, or maybe you flipped through a *People Magazine* and selected the first name you saw. Pet names seem to go in waves of popularity as do baby names. This probably explains why many pet names on the popularity list are "people" names, and some of these pet names in 2011 also appear in top baby names (Bella, Sophie, Max and Oliver).

Additionally, some of these popular pet names cross over to both feline and canine columns (Charlie, Chloe, Buddy and Max).

Banfield Pet Hospital, the world's largest pet hospital reviewed their vast records of over 780 hospitals and compiled a list of the most popular pet names. No doubt you will recall a pet with a name listed.

The grand old standard 'Fido' did not make the top dog name list. Not surprising to anyone, 'Miss Furry Pink Nose' also missed the cut for the popular cat name list.

Turn to page 2 to see list:

## Hypothyroidism, *continued*

The most reliable test and the one used at Animal Dermatology Clinic is a free T4 by ED (equilibrium dialysis) and TSH (thyroid stimulating hormone) levels. Other tests are less reliable and the results can be difficult to interpret. For this reason, hypothyroidism is often misdiagnosed.

The majority of hypothyroidism in dogs is the result of an immune disorder where the dog's immune system is attacking its own thyroid gland, resulting in the onset of the symptoms characteristic of hypothyroidism. The doctors at Animal Dermatology Clinic specialize in the treatment of immune mediated diseases affecting the skin.

Hypothyroidism is fairly common and occurs in dogs usually 5 years and older. Certain breeds are prone to developing thyroid disorder including Cocker Spaniels, Golden Retrievers, Great Danes, Irish Setters, Poodles and Boxers.

Once it is determined that a dog is hypothyroid, medication is administered twice-a-day for the life of the dog. It is interesting to note that humans who are hypothyroid take treatment only once a day. Generally, positive results are seen within weeks and the majority of cases resolved within months.

Periodic blood tests are needed to monitor the dose of thyroid medication and dosage may be adjusted up or down depending upon the progression of the disease.



*A patch of hair loss on the shoulder can be misdiagnosed as one many other similar appearing diseases. A TSH stimulation test revealed hypothyroidism in this dog. Photo: Animal Dermatology Clinic*

## Top Pet Names

### Top 20 Dog Names

1. Bella
2. Max
3. Buddy
4. Daisy
5. Bailey
6. Lucy
7. Molly
8. Coco
9. Charlie
10. Rocky
11. Chloe
12. Maggie
13. Sadie
14. Princess
15. Sophie
16. Lucky
17. Roxy
18. Jack
19. Lola
20. Harley

### Top 20 Cat Names

1. Kitty
2. Tiger
3. Bella
4. Kitten
5. Smokey
6. Max
7. Tigger
8. Shadow
9. Chloe
10. Lucy
11. Charlie
12. Oreo
13. Baby
14. Lucky
15. Buddy
16. Oliver
17. Jack
18. Simba
19. Princess
20. Angel

“If a dog jumps in your lap, it is because he is fond of you; but if a cat does the same thing, it is because your lap is warmer.”  
~Alfred North Whitehead

## Employee Spotlight: Carol Loutzenhiser



Carol started at Animal Dermatology Clinic as a receptionist 27 years ago where she was one of three employees (now there are over 100). Five years later, she began taking on technician duties, ordering supplies, assisting with equine cases and helping the doctor in developing blood allergy testing.

A bout with cancer had her reduce her hours in Tustin and she is now a technician at our satellite clinics in Upland and Palm Desert, CA. She also works a relief emergency technician for another hospital.

In her spare time, she and her son care for their Chinese Cresteds and a Rottweiler.

Carol and her daughter did very well in the show ring last year capturing AKC championships for her Rottweiler and three Cresteds. Carol says that later this year her daughter will be showing “Joe” a Xoloitzcuintli at the Westminster Dog Show in New York.

Carol looks forward to many more years with her dermatology family.

## Did You Know?



Not every cat gets “high” from catnip. Whether or not a cat responds to it depends upon a recessive gene: no gene, no joy.

An estimated 1 million dogs in the U.S. have been named the primary beneficiary in their owner’s wills.

Cats can learn tricks. They sometimes choose not to.

Pekingese dogs were sacred to the emperors of China for more than 2,000 years. There are one of the oldest breeds of dogs in the world.

The Canary Islands were not named for a bird called a canary. They were named after a breed of large dogs. The Latin name was *Canariae insulae* - “Island of Dogs.”

Did You Know that you can get *Derm Digest* delivered to your inbox each month? Just go to the homepage at [www.animaldermatology.com](http://www.animaldermatology.com) and enter your email in the box. Your email is never sold or shared! Forward your copy to friends and family. Comments, questions, or suggestions? Please use the Contact Page on our website, we would be happy to hear from you.

## Dog Bakeries!

Every good boy (and girl) needs a treat now and then. Bakery items for the canine crowd are now found in many larger cities and on-line and listed below are some that may be located near you. The following businesses are listed for informational purposes only. Animal Dermatology Clinic makes no endorsement nor has any affiliation with these businesses. Consult your veterinarian if your dog is on a food elimination trial.

Indianapolis, IN  
 Three Dog Bakery  
 844 Broad Ripple Ave  
 Indianapolis, IN 46220  
 317-466-1646  
[www.threedog.com](http://www.threedog.com)



The original city of this multi-location canine bakery with two additional locations within Indianapolis. Other locations throughout the country. Extensive options for on-line shopping.

Treats of all kinds: Beagle Bagels, Celebration Cakes, Gift Boxers and Bakes Specialties. Cat Treats are also available.

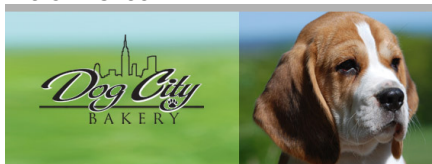
Lexington, KY  
 Bluegrass Barkery  
 113 Clay Ave, Lexington, KY 40502  
 859-233-3647



Two locations in Lexington offering prescription diets in addition to gourmet treats, birthday cakes and pet accessories.

Their website provides more information about baked flavored bones, custom decorated treats and custom cakes.

Dog City Bakery  
 4369 Roswell Rd, Marietta, GA 30062  
 770-971-5200



Founded and owned by Marcia Lain who began making treats for her Boston Terrier at home. Her popularity grew among other pet owners and Dog Bakery City was born. A variety of foods and treats for cats and dogs are available as well as an array of accessories for the pampered pet.

Le Woof  
 18306 Imperial Hwy, Yorba Linda, CA 92886  
 714-985-0046 [www.lewoofshop.com](http://www.lewoofshop.com)



Custom decorated cakes for poochie, call to place your order. A variety of Gourmutt baked treats are offered, some sweet, others savory, some crunchy and others soft. A large inventory of pet accessories are available as well.

Paw Pleasers  
 2818 University Ave, San Diego, CA 92104  
 619-293-7297 [www.pawpleasers.com](http://www.pawpleasers.com)



Noted as the first dog bakery in San Diego, Paw Pleasers has been in business since 1977. Conveniently located in North Park near Downtown, Balboa Park and the San Diego Zoo. Fresh baked treats for pampered pets, they welcome special orders. Tail Waggin' birthday cakes (or for any occasion) are available in a variety of ingredients and toppings. See their on-line ordering site to browse items from home.



Woof Dog Boutique  
 Atwater Village  
 3172 Glendale Blvd, Los Angeles, CA 90039  
[www.woofdogboutique.com](http://www.woofdogboutique.com)

Established in 2006 Woof Dog Boutique has many fans in and around Atwater Village. Adorable decorated cakes for any occasion! Organic and natural treats are also available. SOAK Dog Groom offers canine and feline grooming services. Award winning couture was "Best of the Best" in Los Angeles by LA Weekly Magazine.