

# Eurasier Health: Hypothyroidism FAQ

Hypothyroidism is one of the most common health issues in Eurasiers. According to the Orthopedic Foundation for Animals (OFA), approximately 30% of those Eurasiers tested through OFA had abnormal values, with approximately 14% of those testing positive for Autoimmune Thyroiditis, and 16% rated “equivocal”, meaning some values were outside the normal range, but the results not conclusive.

Because of this high incidence, which is likely to be very similar world-wide with estimates in the International Federation for Eurasier Breeding (IFEZ) ranging between 10-20%, it is a good idea to have your Eurasier’s thyroid function evaluated periodically throughout their lives, and especially if you notice any changes in their behaviour or appearance. Below is a shortened list of Frequently Asked Questions from Dr. Jean Dodds DVM of Hemopet. For the full article, visit: [https://www.hemopet.org/wp-content/uploads/2018/11/FAQs\\_Thyroid\\_Diag\\_Rx.pdf](https://www.hemopet.org/wp-content/uploads/2018/11/FAQs_Thyroid_Diag_Rx.pdf)

## **Q. When do classical clinical signs of canine hypothyroidism appear?**

**A.** The classical clinical signs with low thyroid values occur only after 70% or more of thyroid tissue has been destroyed or damaged. Other clinical and behavioural changes can present during the early phase.

## **Q. What tests should be included in the complete thyroid profile?**

**A.** At least the majority of the following:

1. T4, Free T4, T3, Free T3
2. TgAA Autoantibody (important if breeding or for breeds at risk for thyroiditis) *Note: Eurasiers are considered at risk for autoimmune thyroiditis, so this value should be checked*
3. T3 Autoantibody (T3AA) and T4 Autoantibody (T4AA)

## **Q. Is T4 alone a sufficient screening test for canine hypothyroidism?**

**A.** No, T4 alone can give misleading results. It can over-diagnose hypothyroidism in the presence of non-thyroidal illness or use of certain drugs; inaccurately assess adequacy of thyroxine therapy; and fail to detect autoimmune thyroiditis.

Some of the more common symptoms of hypothyroidism:

- Lethargy
- Mental dullness
- Weight gain without a change in appetite
- Cold intolerance
- Changes in coat and skin, such as thinning coat, hair loss or change in coat texture
- Thickening of the skin, particularly on the face
- Reproductive disturbances in intact dogs
- Sudden changes in behaviour (aberrant behaviour), including aggression, anxiety, fearfulness and phobias, irritability etc.