

## SARDS CASE REPORT #1

### Hormone replacement in a Jack Russell Terrier affected with Sudden Acquired Retinal Degeneration Syndrome (SARDS)

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#### ABSTRACT

**Objective:** To describe the laboratory findings, hormone replacement therapy, and outcome of one dog affected with Sudden Acquired Retinal Degeneration Syndrome (SARDS). **Animal studied:** An seven-year-old spayed female Jack Russell Terrier diagnosed with SARDS on December 27, 2004. The client reported persistent signs of depression, lethargy, confusion, obesity, and polyphagia. **Procedure:** An endogenous ACTH test with adrenal sex hormone panel was performed four and six months post-SARDS diagnosis, which indicated declining levels of cortisol and rising levels of adrenal sex hormones (androstenedione, estradiol, progesterone, 17-OH progesterone, and testosterone) during the two-month interval. Thyroid testing was also performed and indicated sub-normal T4. Hormone replacement therapy was initiated by the dog's general-practice veterinarian. The dog received injectable dexamethasone sodium phosphate 1mg IM and triamcinolone acetonide (Vetalog) 1.8mg IM. Additionally, methylprednisolone (Medrol) 1mg po, sid; and levothyroxine 0.15mg po, bid were dispensed to the client. The thyroid test and ACTH with adrenal sex hormone panel were repeated four months after hormone replacement therapy was initiated. **Results:** Previously elevated levels of adrenal sex hormones returned to within normal limits. Cortisol production normalized. T4 was above normal limits. The client reported significant improvement in clinical signs of depression, lethargy, obesity, and polyphagia. **Conclusion:** Treatment with low, physiological-levels of replacement glucocorticoid and thyroid hormones improved clinical signs and caused a general decline in adrenal sex-hormone activity in this SARDS-affected dog.

#### Plain English Translation

This paper discusses the symptoms, treatment and results of a Jack Russell Terrier diagnosed with SARDS. This dog had three consecutive blood tests to measure adrenal hormones. The first two indicated that cortisol levels were dropping and that adrenal sex-hormones were rising. The dog was then treated with two low-dose steroid injection, and tablets of Medrol (a cortisol replacement), and thyroid hormone. The third blood test showed that all previously elevated adrenal hormones had returned to normal. The owner also reported significant improvement in the dog's obesity, depression, endurance, and excessive appetite.

**KEY WORDS:** sudden acquired retinal degeneration syndrome, SARDS, canine blindness, hypercortisolism, glucocorticoids, adrenal estrogen