



PATIENT PRESENTING CLINICAL SIGNS

Jasper Lett History of liver disease and Cushings. Patient had an ultrasound on 2/18/2021. Patient presented this time for a distended abdomen and not wanting to move.
Abnormal PE/Chem/CBC/UA Results: CHEM: ALT & ALKP - too high to read , GGT 145, CHOL 443., Xray: Enlarged liver

SPECIES

Canine

BREED

Maltese Mix

SEX

Neutered male

AGE

12 years

WEIGHT

15.3 lbs

INTERPRETED BY

Eric Lindquist, DMV
DABVP, Cert. IVUSS

IMAGING PERFORMED BY

Dr. Mack

HOSPITAL NAME

Northside VC

REFERRING VET

Dr. Mack

INVOICE

96172

DATE

2/21/22

ULTRASONOGRAPHIC EXAMINATION OF THE ABDOMEN

Urinary System

The **urinary bladder**, trigone, and pelvic urethra presented normal thicknesses and normal tone. The ureters were not visible which is normal. No uroliths or sediment were visualized and anechoic urine was present. No evidence of inflammatory or neoplastic changes was noted. Ureteral papillae were normal.

The **kidneys** revealed normal size and structure, corticomedullary definition and ratio for this age. The cortices presented largely uniform texture with normal echogenic relationship to liver and spleen. Medullary structure differed distinctly from the cortex and no evidence of pelvic dilation was present. The capsules were acceptably uniform without significant irregularities.

Adrenal Glands

The left **adrenal gland** was mildly enlarged and measured up to 1.0 cm at the caudal pole and 0.8 cm at the cranial pole. The right adrenal gland was also enlarged and measured 1.0 cm at the maximum width. There was no evidence of vascular invasion or capsular expansion.

Spleen

The **spleen** revealed a hyperechoic mass. This may be histopathologically benign and measured 2.0 cm with capsular expansion. The remainder of the spleen was unremarkable. This is most consistent with lipogranulomatous change or possible stromal tumor. FNA of the spleen is indicated.

Liver

The **liver** is diffusely hyperechoic to the falciform fat. The gallbladder was mildly over distended with suspended and dependent debris, yet not to the level of emerging mucocele. However, the sludge appears to be mildly excessive. No adjunctive inflammation was noted.

Gastrointestinal

Examination of the **gastrointestinal tract** revealed a stomach and intestine free of stasis, of normal wall thickness, acceptable curvilinear mural detail, and peristaltic activity. Small and large intestine demonstrated normal luminal chyme and stool consistency respectively. No obstructive or overt infiltrative disease was noted. No associated abnormal lymphatic activity was noted.



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Pancreas

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The base and limbs of the **pancreas** were observed to be largely isoechoic to surrounding omental fat. Pancreatic duct and capsular contour were acceptably normal and parenchyma respected normal curvilinear patterns. No overt evidence of active inflammatory or neoplastic disease was noted.

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ULTRASONOGRAPHIC FINDINGS

Vacuolar hepatopathy/lipidosis liver pattern with nodular changes.

Hyperechoic splenic mass.

SEX

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Bilateral adrenal hypertrophy.

AGE

12 years

INTERPRETATION OF THE FINDINGS & FURTHER RECOMMENDATIONS

If the urine specific gravity is less than 1.020 and the patient appears Cushingoid then work-up for PDH is indicated. The distended abdomen may be owing to abdominal tension combined with hepatomegaly. However, the liver appears subjectively benign. This is likely metabolic hepatopathy. FNA of the splenic mass and liver is recommended. The splenic mass is likely benign or low-grade. Ursodiol therapy is recommended over the next 6 weeks. There was no evidence of neoplasia.

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Efficient & Accurate Cushing's Work up-Lindquist

Notes regarding Cushing's Clinical Presentations:

Nearly all Cushing's dogs have SAP elevations and true PU/PD (USG < 1.025) and most are polyphagic. Cushing's dogs are > 6 years and usually > 9 years old, usually have poor skin coats, body scores > 3/5, and are usually sedentary animals.

Its important to remember that Cushing's dogs usually look and play the part and other diseases cause false + stress related cortisol spikes. On rare occasion a Cushing's dog will not follow the rules but this is truly an exception.

Potential Cushing's patient workups can be costly and frustrating if not definitive and, in my experience, the non-definitive patient usually has something else going on that may be contributing to some of the clinical signs a Cushing's dog will have, especially SAP elevations or PU/PD. Based on this prelude of information I came up with the following algorithm in the spirit of diagnostic efficiency.

The following suggested protocol is based on current available literature on Cushing's disease and extensive clinical-sonographic experience evaluation + Cushing's and False + LDDST & ACTH stim. cases in order to maximize the efficiency of a Cushing's workup in practice.

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Screen first, workup second

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1) **UA:** Repeatable (2-3 urine samples) Urine specific gravity & urine cortisol/creatinine ratio (UCCR): If **repeatable USG < 10.20 and + UCCR** move to next step 2.

Note: UA is inexpensive and easy to obtain and if UA criteria is not met for Cushing's then resources can be spent into other more pertinent diagnostics or left on hold until the UA criteria is met in emerging Cushing's cases.

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2) **Sonogram:** Does the patient **have concurrent disease** clinically or sonographically as non-Cushing's illness will influence the potential false + LDDST or even ACTH stim. The sonogram gives a global perspective of the internal health of the patient to be considered in the Cushing's workup as an assessment of concurrent disease. Is there a concurrent neoplastic process, UTI pancreatitis, mucocele....? Are the adrenals enlarged (Cushing's-PDH, stress, age related or breed variant), or atrophied (iatrogenic Cushing's or adrenal burnout), have asymmetric enlargement (Adrenal tumor, hyperplasia, adenoma, age related variant), or is there vascular invasion (Invasive pheo with false + UA criteria or adenocarcinoma or phrenic thrombosis)? The sonogram answers these questions proactively.

3) **LDDST** (0.01 D-Sodium phosphate mg/kg IV) (Better screening test but plagued with false +) Use if there is potential early Cushing's or if adrenal asymmetry present on sonogram suspecting tumor. Use LDDST in cats at a higher dose (0.1 mg/kg IV).

OR

4) **ACTH stim.** (Better confirming test but can have false +) Use if the patient "looks" Cushingoid or if bilateral adrenal enlargement is present, or high normal width on sonogram, or if iatrogenic Cushing's suspected (Cortisone Tx in past).

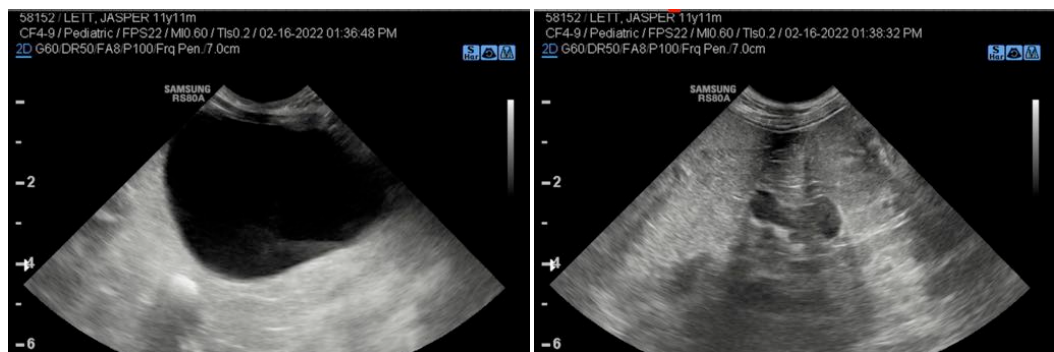
5) If **diabetic** then run both LDDST & ACTH stim.

5) Run a **serial blood pressure** in a BP friendly non "white coat effect" atmosphere. Run at least 3 at different times over a few hours or when eating as the patient tends to be calm when eating or give Torbutrol when entering the facility.

6) **Perform CT** of the pituitary to identify macro adenoma expansion if any lethargy or dullness or other central clinical CNS signs are minimally present.

Suggested reading:

Behrend EN, Kooistra HS, Nelson R, et al. Diagnosis of Spontaneous Canine Hyperadrenocorticism: 2012 ACVIM Consensus Statement (Small Animal). J Vet Intern Med 2013;27:1292-1304.





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The information and recommendations provided are based on the images presented by the referring veterinarian/sonographer. No evaluation can be communicated regarding pathology that was not visible in the image/video clips provided.

Thank you for this referral. If the clinical or image interpretation does not parallel your findings or if I can be of any further assistance please contact me.

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