



PATIENT

Abby Starke

SPECIES

Canine

BREED

Boxer X

SEX

Spayed Female

AGE

12 Years

WEIGHT

58.2 Pounds

INTERPRETED BY

Eric Lindquist, DMV
DABVP, Cert. IVUSS

IMAGING PERFORMED BY

Rachel Bunn

HOSPITAL NAME

Wellesley AH

REFERRING VET

Dr. Ryan Leal

INVOICE

21782

DATE

3/24/23

PRESENTING CLINICAL SIGNS

History: Liver enzymes elevated in January & at March recheck; had a UTI treated in January but did not urinate in the house one time this week; otherwise asymptomatic

Abnormal PE/Chem/CBC/UA Results: Chem: ALT 156; ALP 630; GGT 19; Cholesterol 389 UA: USG 1.010; pH 8.0; WBC 36/HPF; Rods present; 1-2 NonSq Epi Cells; Struvite <1/HPF

ULTRASONOGRAPHIC EXAMINATION OF THE ABDOMEN

Urinary System

The **urinary bladder** was unremarkable for the level of repletion presented. The urine, however, did present some mildly echogenic debris consistent with mucous, exfoliated cells from renal or bladder origin, and/or blood clots as these echogenic changes can all present similarly. A minor amount of sand accumulation was noted. This is often related to urinary tract infection but may represent simple evidence of exfoliated debris or sterile inflammation. Cystocentesis, urinalysis, +/- culture would be recommended to rule out and define any UTI. This is moderate change. The bladder wall itself was unremarkable. The pelvic urethra (imaged 2.0 cm beyond the cystourethral junction) was dilated, underlying poor tone may be a predisposing issue in this patient.

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. The left kidney measured 6.36 cm. The right kidney measured 7.0 cm.

Adrenal Glands

The **adrenal glands** appeared slightly enlarged and swollen. No evidence of focal capsular expansion or invasion into the phrenic veins were noted. No overt suspicion of neoplasia was noted. This is considered likely a hyperplastic change associated with stress or adrenal endocrinopathy (PDH). If isosthenuria is persistently present and the patient morphologically suggests Cushing's disease then ACTH testing would be indicated. The left adrenal gland measured the upper limits of normal, measuring 2.6 cm x 0.79 cm at the caudal pole and 0.76 cm at the cranial pole. The right adrenal gland measured 1.3 cm at the cranial and 1.0 cm at the caudal pole.

Spleen

The **spleen** presented a smooth homogeneous parenchyma hyperechoic to liver and renal cortical parenchyma. The capsule was smooth without noticeable expansion or deviation from within the spleen or adjacent pathology. The splenic vasculature demonstrated normal volume without signs of congestion or thrombosis. No sonographic evidence of acute or chronic inflammatory, neoplastic, or infarctual changes were noted.

Liver

The **liver** images submitted revealed subjectively normal liver size, contour, and structure. Parenchymal echogenicity was naturally coarse and hypoechoic to the spleen. Vascular and biliary tracts were of normal volume with no evidence of congestion. The gallbladder presented acceptably thin walls with primarily anechoic content. The cystic and common bile ducts were normal. No



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pathological hepatic lymphadenopathy was evident. No overt structural evidence of inflammatory, infiltrative or regenerative pathology was evident.

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Gastrointestinal

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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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Spayed Female

ULTRASONOGRAPHIC FINDINGS

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- Mild bilateral adrenal hypertrophy
- Dilated pelvic urethra, bladder debris and sand

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INTERPRETATION OF THE FINDINGS & FURTHER RECOMMENDATIONS

WEIGHT

Examination of the vaginal vestibule is warranted to assess for predisposing issues, such as recessed vulva, vaginitis or urine pooling. With long term antibiotic therapy, treating for UTI, the bladder debris and sand may medically resolve, otherwise, surgical approach with cystotomy and bladder lavage with sand analysis could be considered, however, this patient should be imaged just prior to surgery to ensure the sand accumulation is still persistently present. Otherwise, treatment for chronic UTI is indicated and possible diet change. IV fluid push with intravenous antibiotics could be considered with daily bladder monitoring to assess for the ability to dissolve the bladder sand and debris, owing to forced diuresis, would be an alternative approach. If the patient appears cushingoid and urine specific gravity is <1.020, then work up for Cushings is indicated.

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Chronic UTI Protocol

I recommend **Enrofloxacin** (5-10 mg/kg SID PO) (In patients > 1 year of age) in late pm after urination to maximize urinary concentrations overnight. This assumes that culture supports this use.

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Repeat **culture** at 3-4 weeks and continue treatment at least 7-10 days post negative urinary sediment and negative culture. *Note: Negative culture does not necessarily mean lack of UTI.* Other favorite antibiotics for chronic UTI include third generation Cefa (Ceftiafur or similar s.i.d. injectable) or Clavamox. If suspicion of occult urinary incontinence is present then **phenylpropanolamine (PPA)** (1-2 mg/kg BID) can be employed long term to enhance urethral tone.

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Cushing Work UP

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Efficient & Accurate Cushing's Work up-Lindquist

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Notes regarding Cushing's Clinical Presentations:

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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.

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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.

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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.

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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.

SEX

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Screen first, workup second

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.

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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.

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Address & treat concurrent disease first before performing Cushing's testing or testing will be artificially altered increasing false negatives and positives.

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3) **LDDST** (0.01 D-Sodium phosphate mg/kg IV **with precise dosing******) (Better screening test but plagued with false + but considered more specific than ACTH stim) 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). **Interpretation LDDST:** Look at 8-hour post first: If > 1.4 = Cushing's. Then look at 4-hour: if > 1.4 or > 50% baseline = Cushing's. 4-hour do then 8-hour spike most consistent with PDH. Flat line high constant curve without dip more consistent with tumor but can be PDH. See attached graph.

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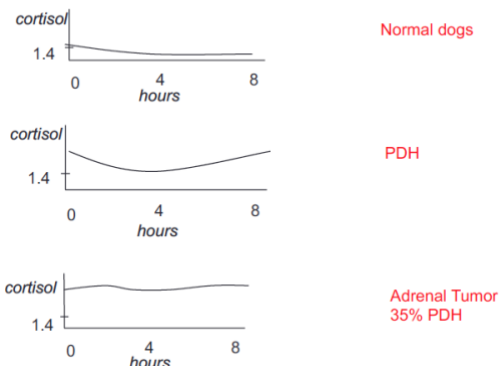
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LDDS



Courtesy: Rebecca Berg DACVIM, DECVIM

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). ACTH stim is better for diagnosis of Addisons, Iatrogenic Cushing’s, and Cushing’s therapy monitoring but problematic with initial Cushing’s diagnosis. First dx LDDST is suggested.

5) If **diabetic** then run both LDDST & ACTH stim but stabilize as much as possible first.

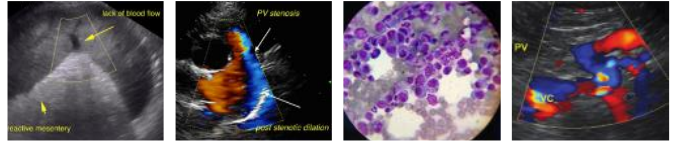
5) Run a **serial blood pressure** in a BP friendly non “white coat effect” atmosphere. Run at least 3 at different times over a few hours or when eating as the patient tends to be calm when eating or give Torbutrol when entering the facility. Cushing’s hypertension is usually 150-180 systolic range while pheochromocytoma range is more often > 180 systolic.

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. CT for adrenal may be more thorough for adrenalectomy surgical planning if ultrasound views of the CVC were problematic.

7) **Adrenectomy** for adrenal mass is prescribed then it is essential to stabilize the patient first regarding secondary disease such as organ dysfunction, hypertension, diabetes mellitus, hypernatremia, thromboembolic risk urinary and other infection in order to minimize potential for operative and postoperative complications as they are common in adrenalectomy. Trilostane stabilization therapy for Cushing’s would be the first approach then address surgery and hypertension should be managed ideally < 160 systolic with ace inhibitors, phenoxybenzamine, or amlodipine.

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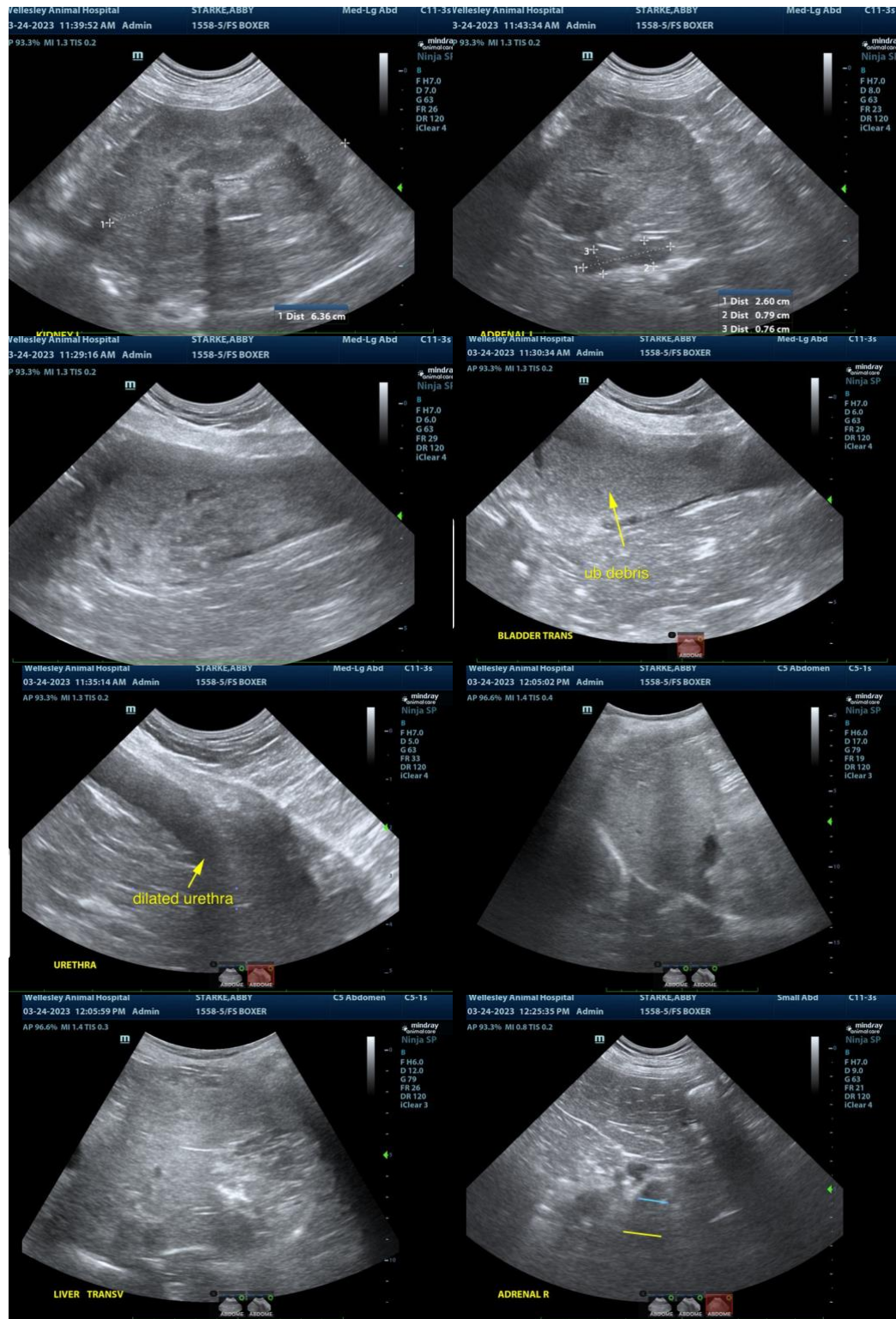
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The information and recommendations provided are based on the images presented by the referring veterinarian. No evaluation can be communicated regarding pathology that was not visible in the image/video clips provided.

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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