

HYPOTHYROIDISM IN DOGS: : WHAT NUTRITIONAL APPROACH ?



NUTRITIONAL MANAGEMENT, A MAJOR CONTRIBUTION TO SUPPORTING HYPOTHYROID DOGS

- Hypothyroidism requires medical management through thyroid hormone supplementation.
- However, certain complications associated with the disease benefit from nutritional measures, which will also improve quality of life and life expectancy.
- Nutritional recommendations take into account the dog's age, body condition, muscular condition and the presence of any concomitant diseases.



A NUTRITIONAL RECOMMENDATION TAILORED TO EACH SITUATION



Predisposition to overweight and obesity

Hypothyroid dogs have a reduced basal metabolism, which predisposes them to overweight or obesity.

- Successful treatment with levothyroxine sodium will generally result in weight loss, but for the most severe cases, nutritional management is recommended.
- A low-calorie, high-protein diet has proved to ensure effective weight loss while preserving muscle mass¹.



Joint damage

Successful treatment with levothyroxine sodium is accompanied by an increase in physical activity, which may reveal or intensify other problems, such as osteoarthritis.

- A diet enriched with Omega-3 fatty acids, collagen and chondroitin supports joint health and mobility⁹.



Aggravation of pre-existing cardiac pathology⁷

Thyroid hormones have a direct inotropic and chronotropic effect on the heart. While it is not certain that hypothyroidism can lead to heart disease, it is known, however, that the disease can aggravate pre-existing cardiac pathology⁴.

- Nutritional support for cardiac dogs is based on sodium restriction, taurine and L-carnitine, as well as increased intake of omega-3 fatty acids.
- Studies have shown that fish oil intake by cardiac dogs is associated with increased life expectancy⁵, reduced arrhythmias⁶ and reduced cachexia⁷.



Dermatological disorders

The majority of hypothyroid dogs present with dermatological problems, such as scaling, alopecia or skin infections

- Restoring their skin will require a sufficient supply of essential nutrients, such as fatty acids, vitamins, zinc and selenium².
- Consumption of Omega-3 fatty acids can modify the production of eicosanoids and cytokines and thereby supporting the immune response³.



Associated endocrine disorders

A study by Dixon et al showed that 10% of hypothyroid dogs also had diabetes⁸.

- In addition to medical treatment, a nutritional approach is essential to manage the associated complications (difficulty controlling blood sugar, hyperlipidemia, poor skin condition...).



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