

SO YOUR DOG WAS DIAGNOSED WITH ATYPICAL ADDISON'S DISEASE

When your dog comes home:

- 1) Please remember to breathe. Dogs live long, normal lives with Addison's as long as they receive their medication, which needs careful adjustment until you find the best dose for your dog.
- 2) Make sure your dog always has access to water. They need to be hydrated for the medication to work properly. Any urine accidents or leaking will be resolved as the med is adjusted.
- 3) Your dog may not have an interest in food right away. Tempt them with things they like that are not fatty. Some good choices are lean meats, skinless chicken breast, scrambled eggs, & rice. Gradually reintroduce their normal foods. You might need to change their bowl if they associate it with being sick. There is no special diet for an Addison's dog, but avoid excessively fatty foods.
- 4) Your dog may be tired at first. Recovering from an Addisonian crisis is like a human recovering from surgery. Once the medication starts working, your dog will start to regain his or her strength. Let your dog be your guide. Start slowly and build up his or her activity.
- 5) Set up a file with all test results. You can also ask for a copy of the vet's notes from their file. This is valuable to be able to refer back to or to bring along if you ever need to see a different vet.

Daily:

- 1) Prednisone/Prednisolone (or other glucocorticoid) should be given every morning with/after a meal. If you see signs of excess Pred, such as excessive thirst, urination, hunger, panting, or aggressiveness, talk with your vet about carefully reducing the dose.
- 2) Common signs related to either too much or too little Prednisone, or from reducing too quickly, are vomiting, diarrhea, lethargy, and/or lack of appetite. Of course, these could be unrelated to Addison's or Prednisone, so it's always good to check with your veterinarian if you're unsure.
- 3) There may be times of stress when your dog may need a Prednisone/Prednisolone boost. Stress can be either positive stress – increased activity or excitement or negative stress – scared, nervousness. Because it only takes about 30 minutes to take effect, it is usually not necessary to pre-boost. When boosting you only need to increase by half the regular dose.

First Month and forward:

- 1) Because there is the possibility of an Atypical Addison's dog transitioning to Typical Addison's, it is important to check the electrolytes ("lytes"), which are sodium (Na) and potassium (K), monthly for the first 3 months. Afterwards they should be tested every 2-3 months during the first year. If an Atypical Addison's dog is going to transition, the largest percentage of those dogs will transition within the first year. If your dog ever seems "off", or you are noticing any Addisonian type symptoms the lytes should be checked.