

Health Testing - Adult Dogs:

The following tests are recommended for adult dogs (after 15-18 months of age) and should be undertaken annually as well as prior to any mating(s).

Laboratory Tests - Information for Owners and Vets:

Blood and urine tests cannot predict whether a dog will develop these diseases. But they can determine whether or not a dog is clear of signs of disease and establish baseline values for future comparison. Early detection can offer more choices for treatment and can often provide longer and better quality of life.

Your Veterinarian can check for signs of diseases and can undertake blood and urine tests 'in-house', or they may use an external Laboratory service.

Your Wheaten should be 'fasted' (**not** eat **eight hours** before the blood test), otherwise spurious results may occur. **Important** - drinking water should be available at all times.

It is important the Vet test for everything listed here:

1. Biochemical profile, including:
 - Albumin (Alb)
 - ALK Phos
 - ALT
 - Calcium
 - Globulin
 - Glucose
 - Creatinine (Cr)
 - **Blood Urea Nitrogen (BUN)**
 - Cholesterol (Chol)
 - Sodium (Na)
 - Potassium (K+)
 - Phosphorus (Phos)
 - Total protein (TP)
2. Complete Blood Count
3. Routine Urinalysis, including:
 - Specific gravity
 - Dipstick
 - Urinary sediment
4. Urine Protein/Creatinine Ratio
Vet Note: if PLN is suspected then please undertake a pooled urine sample (see information below)

If any results indicate **RD, PLN** or **Addison's disease**, your Vet can undertake the following tests:

Renal Dysplasia (RD)

- Abdominal radiographs/Ultrasound
- Final confirmation of RD, kidney biopsy (wedge, not Tru-cut).

PLN - Pooled UPC – Vet information:

UPC varies daily, so ask owners collect three samples, as below:

1. A sample first thing in the morning for 3 consecutive days. If first thing in the morning is not possible, then it should be about the same time each day for the three days.
2. The samples should be saved separately in the refrigerator.
3. The owner should take the 3 separate samples to the Vet

Note: the owner should NOT pool them in one jar.

Vet: Take 1ml from each sample, mix the 3ml together gently, and send off the 3 ml mixture for one UPC determination which will be an average result of those 3 days.

UPC on urine samples collected at the clinic are often higher than those collected at home, probably because of anxiety/stress and increased blood pressure at the clinic.

Addison's – there is thought to be a predisposition in Wheaten's for this disease

- ACTH stimulation test

Vet - Further reading:

1. *Comparison between Urine Protein: Creatinine Ratios of Samples obtained from Dogs in Home and Hospital Settings.* M.E. Duffy, A. Specht, and R.C. Hill – *J Vet Intern Med* 2015;29:1029-1035
2. Key Researcher Professor Meryl Littman – 4 August 2016 Recommendations Paper see Testing

What to do next?

- Make sure you test every year and have your veterinarian compare results, some of these may be very subtle.
- Keep a copy of the results in a file at home so you can always refer back to them or provide them to a new veterinarian if you move
- Some people keep a spreadsheet on their computer with all the test results, this way you can monitor subtle changes as your dog matures. The *Watchdog Health Tracker is available in the UK, via WHI at:

<http://www.wheatenhealthinitiative.com/Pages/HealthTracker.html>