Trilostane for Feline Endocrinopathies

Because cortisol is a strong insulin antagonist, successful treatment of hyperadrenocorticism (HAC) should also improve glycemic control. This study of 15 cats with spontaneous HAC sought to characterize the long-term efficacy of trilostane. Most (93%) had pituitary-dependent HAC (PDH); 60% had concurrent diabetes mellitus (DM). A low-dose dexamethasone suppression test using dexamethasone at 0.1 mg/kg IV was used to diagnose HAC in most cases in this study. Lower doses (0.01 mg/kg) have the potential for false-positive diagnosis in cases with DM. Mean initial trilostane dosing was 4.3 mg/kg q24h (n = 13) or 3.3 mg/kg q12h (n = 2). Cats were rechecked via ACTH stimulation testing within 1–6 weeks of starting therapy. Doses were adjusted in 6 cases, with 5 cats shifted to q12h. The mean final dose was 2.7 mg/kg q24h (n = 8) and 5.6 mg/kg q12h (n = 7).

Most (13/15) showed improvement:
Dermatologic signs improved in 2–3 months, and polyuria/polydipsia and lethargy improved within the first month. Endocrine testing results also improved. Nine cats had concurrent DM; insulin requirements decreased by 36% (mean) in 6 cats within the first 2 months of trilostane therapy. Common complications included weight loss and urinary tract infections.

These results indicate that trilostane is a viable, well-tolerated option for feline HAC, potentially improving diabetic regulation.

**Commentary**

Despite the small sample size, the study demonstrated that trilostane is a fairly well-tolerated treatment option for long-term medical management of HAC in cats. The statistic that insulin requirements in diabetic cats were significantly decreased with trilostane therapy is useful, as HAC should be considered a differential in cats with poorly regulated DM just as in diabetic dogs. More accurate dosing recommendations for trilostane in cats with HAC would help; the reported mean initial doses used were higher than I would feel comfortable prescribing.—*Dara Zerrenner, VMD, MS, DACVIM*

**Source**