

HRT - Can accidental exposure affect your Vizsla?

Hormone Replacement Therapy (HRT) can affect your Vizsla—just like other dog breed—primarily through **accidental /passive exposure to human HRT products**, rather than through veterinary-prescribed hormone treatments. Here is a breakdown of what you should know:

Accidental Exposure to Human HRT in Vizslas

Vizslas, being affectionate and close-contact dogs, are particularly vulnerable to **secondary exposure** from human HRT products such as creams, gels, sprays, and patches. This can happen when:

- Dogs lick skin where HRT was applied (e.g., inner arms or thighs).
- They chew or ingest discarded patches or tubes.
- They come into repeated contact with treated bedding or furniture.

Symptoms of HRT Exposure in Dogs

These symptoms can vary by sex and severity of exposure:

Female Vizslas

- Swollen vulva or vaginal bleeding—even if spayed.
- Signs of oestrus (heat) despite sterilization.
- Risk of uterine infections like pyometra.

Male Vizslas

- Enlarged nipples or mammary glands.
- Penile atrophy or testicular shrinkage.
- Altered sexual behaviours.

Both Sexes

- Symmetrical hair loss (alopecia).
- Vomiting, diarrhoea, lethargy.
- Bone marrow suppression → anaemia, thrombocytopenia.
- Rare: Aplastic anaemia or mammary tumours with chronic exposure. [\[bing.com\]](https://www.bing.com)

Age

Any! The youngest is noted as a 10 week old female vizsla.

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Onset

- The more information we can gather, the more we will understand.
- Rapid: a puppies syptoms being noticed within 10 days of coming home
- Passive: depending on the dose and type of HRT changes can be gradual

Safe Practices for Human HRT Use Around Dogs

1. Apply HRT Products Carefully

- a. Use **gloves** when applying creams or gels.
- b. Apply to areas **covered by clothing** (e.g., thighs, abdomen).
- c. Avoid applying to arms or hands if you frequently pet your dog.

2. Wait Before Contact

- a. Allow the product to **fully absorb** before touching your dog.
- b. Wash hands thoroughly after application.

3. Secure Disposal

- a. Dispose of patches, gloves, and applicators in **sealed containers**.
- b. Never leave used patches or tubes where dogs can reach them.

4. Avoid Shared Surfaces

- a. Do not sit or lie on furniture immediately after applying HRT.
- b. Use a towel or blanket to cover treated areas if resting near your dog.

5. Monitor for Symptoms

- a. Watch for signs like **swollen genitals**, **hair loss**, or **behaviour changes**.
- b. Report any unusual symptoms to your vet promptly.

6. Inform Your Vet

- a. Let your veterinarian know if you or someone in the household uses HRT.
- b. This helps them consider exposure-related symptoms during checkups.
- c. **Blood tests:** CBC and hormone assays may be needed to confirm exposure and assess severity. [petmd.com]

Links: <https%3A%2F%2Fbvajournals.onlinelibrary.wiley.com>

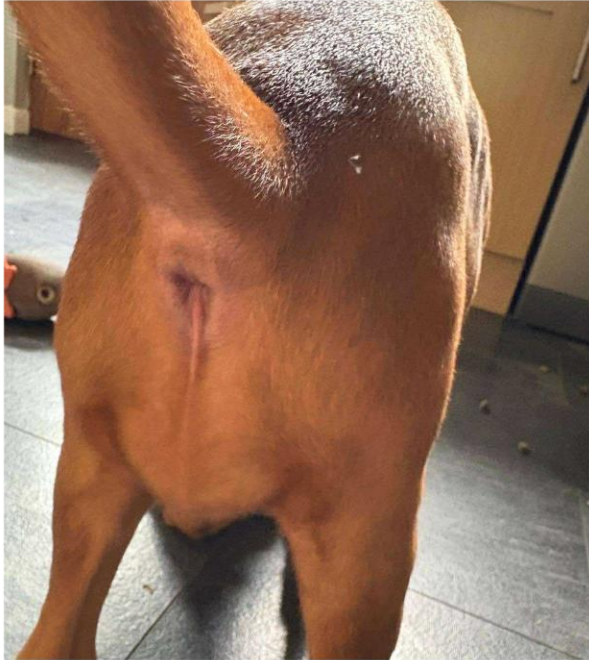
Contact the Hungarian Vizsla Breed Health Coordinator: Verity Griffiths

@ bhc@vizsla.org.uk

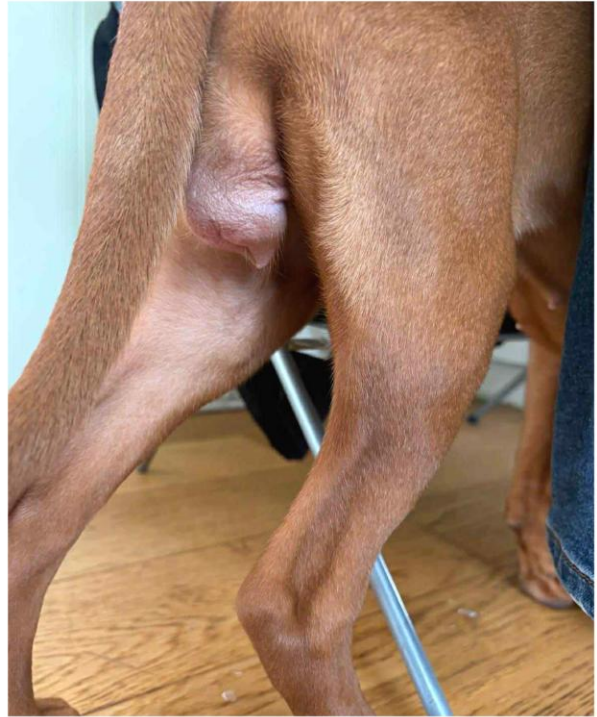
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Pictures:

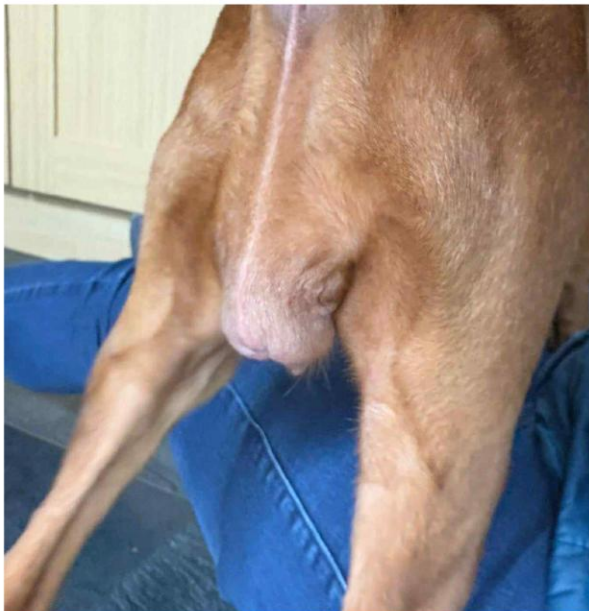
A young female vizsla who reacted to her owners HRT showing signs of passive exposure within days of joining her new family.



10-week-old female puppy - with owner 1 week showing oedema and enlarged vulva



2 weeks after initial exposure



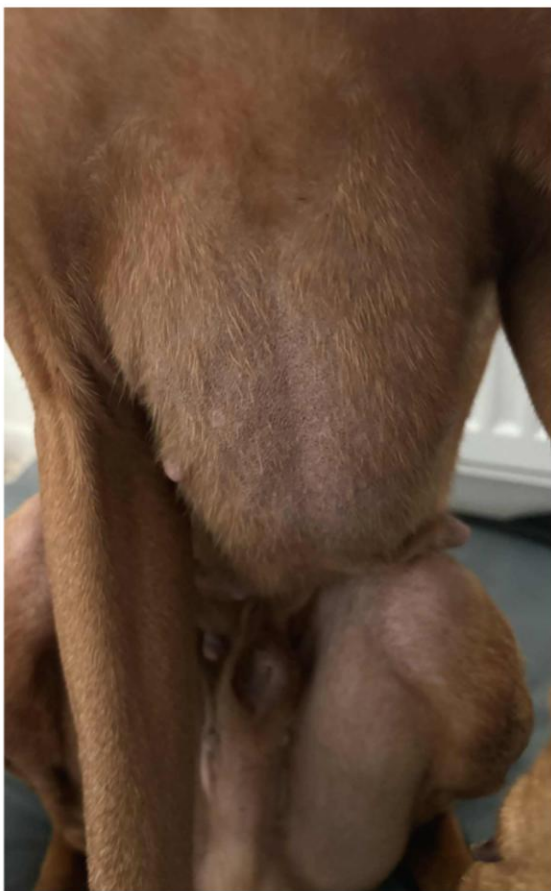
3-4 weeks passive HRT exposure



Nearly 2 months after initial exposure owners Oestrogen application changed symptoms stopped but vulvar appearance remains altered

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A 4-year-old male vizsla who's owner started HRT treatment in 2022 with a change of medication in 2024. Showing signs of enlarged nipples, balding and some skin growth.



Hungarian Vizsla Joint Health Panel with Representation from
the Hungarian Vizsla Club, Hungarian Vizsla Society, Hungarian Vizsla Welfare Charity & Vizsla Rescue.