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EDITOR'S LETTER

Living Their Best Long Life

Experiencing a decline in cognitive abilities is among the most feared aspects of growing older. Age-related cognitive decline has significant personal, societal, and financial implications. Over the next century, hundreds of millions of people are expected to have dementia globally. The concept of dementia has existed since ancient civilizations, where philosophers viewed mental decay as a natural part of aging. As human lifespans have increased, the prevalence and study of dementia have also grown. Similar to humans, aging in dogs and cats can bring about cognitive decline, affecting memory, learning, and behavior. This condition, **canine or feline cognitive dysfunction syndrome**, is reviewed in this issue by Dr. Wailani Sung (p. 60). Importantly, there is an increasing focus on lengthening the life span while also improving the overall health of our aging pets. While aging is inevitable, understanding its effects can help us care for our pets better into their golden years.

WHAT WE'RE READING

In each issue, a member of our Editorial Advisory Board shares a recent open access publication, including their key takeaways and its practical conclusion.

Clinical Outcome of Cats With Suppurative Otitis Media and Intact Tympanum Submitted to Myringotomy: Retrospective Findings From 26 Cases

Deleporte S, Briand A, Prelaud P
[doi:10.1177/1098612X241275286](https://doi.org/10.1177/1098612X241275286)

WHAT WAS INVESTIGATED? In this study, 26 cats with suppurative otitis media (OM) without polyps and with an intact tympanic membrane were evaluated to assess the efficacy and safety of a single myringotomy under anesthesia, followed by gentle flushing of the tympanic cavity (0.5 to 2 mL saline per ear) and oral corticosteroids for 7 days, with a 1-month course of systemic antibiotics based on sensitivity testing.

WHAT WAS FOUND? Bilateral ear involvement was seen in 54% of the cats, and clinical signs included head tilt (13/26), otalgia (9/26), Horner syndrome (7/26), external ear discharge (5/26), and nystagmus and facial paralysis (1/26); 19 (73%) cats were clinically normal 60 to 240 days after treatment. One cat was euthanized, 1 cat died, and the remaining 5 cats required ventral bulla osteotomy.

TAKE-HOME POINTS

- OM in cats without an aural polyp is frequently associated with neurological dysfunction (81%).
- Combining myringotomy, 4 weeks of systemic antibiotics, and 7 days of oral corticosteroids is associated with the successful resolution of clinical signs in approximately 75% of cats with OM and an intact tympanum.

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MORE FROM THE NAVC

blendVET Brings 5 DEIB Courses to VetFolio

In partnership with blendVET, the NAVC has launched 5 new courses related to diversity, equity, inclusion, and belonging (DEIB) on its virtual learning platform, VetFolio. Titled "Building Bridges: Foundations of DEIB in Veterinary Medicine," the programming is a part of the NAVC's continued commitment to a more inclusive veterinary profession. Individual course topics include communicating across cultures, purposeful leadership, unconscious bias, understanding transgender experiences in veterinary medicine, and psychological health and safety. All courses are RACE-approved and free to VetFolio subscribers.



SCAN THE QR CODE to learn more and take the courses.