

## Clinical Evidence for: **WU** Urinary Support

### KEY POINTS

1

BLUE Natural Veterinary Diet WU Weight + Urinary Care for Dogs and Cats contains controlled levels of magnesium and sodium to minimize the reoccurrence of struvite urolithiasis.

2

BLUE Natural Veterinary Diet WU is Clinically Proven:

- To produce a Struvite Relative Supersaturation of <1
- To produce a Calcium Oxalate Relative Supersaturation of <5
- To produce a urine pH of 6.0-6.4

3

Meeting client needs and preferences is key to encouraging increased client compliance, especially with conditions like lower urinary tract disorders, which must be carefully managed throughout a pet's life.

- Pet owners prefer the ingredients in BLUE Natural Veterinary Diet WU over the ingredients in the leading therapeutic diets indicated for urinary disease.

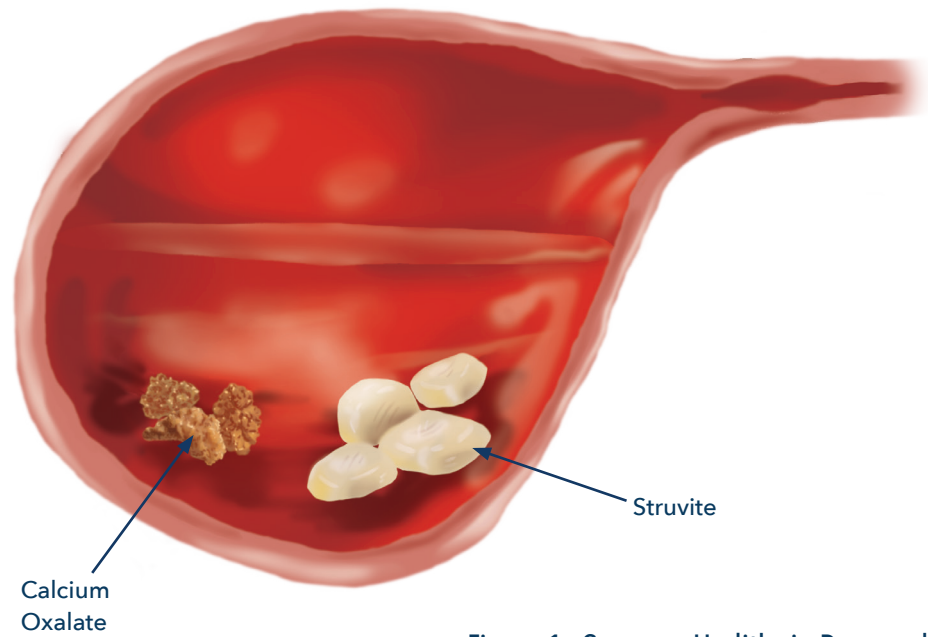


Figure 1. Common Uroliths in Dogs and Cats

### Lower Urinary Tract Disease

Urolithiasis is a common disorder of the urinary tract in dogs and cats. Uroliths can form in urine anywhere along the urinary tract from the kidneys to the tip of the urethra causing irritation, infection, pain, and/or obstruction.

The most common canine uroliths are calcium oxalate, magnesium ammonium phosphate (struvite), or mixed.<sup>1</sup> The most common feline uroliths are magnesium ammonium phosphate, calcium oxalate and mixed.<sup>2,3</sup>

Certain diets, supplements or metabolic conditions can lead to high mineral concentrations in the urine, and potentially stone and/or crystal formation. Urinary pH also influences formation of several crystal types. Although exceptions occur, crystal types tend to form and persist at certain urinary pH ranges. In general, struvite uroliths are associated with more alkaline urinary pH values (>6.4) and calcium oxalate uroliths are associated with lower urinary pH values.<sup>4,5,6</sup>

In most cases, struvite uroliths form in association with urinary tract infections with urease-producing bacteria (often *Staphylococcus* spp., *Proteus* spp.)<sup>7,8</sup> Although they are frequent in cats, sterile struvite uroliths rarely form in dogs. The bacteria utilize urea in the urine to form ammonia and carbon dioxide. The ammonia is changed to ammonium, which, in turn, raises the urine pH and becomes available for the formation of magnesium ammonium phosphate crystals (struvite). As the urine pH increases, phosphate becomes more available to contribute to struvite crystal formation and struvite becomes less soluble. As the urine concentrations of phosphate, magnesium, and ammonium rise, supersaturation of the urine occurs, contributing to crystal and urolith formation.<sup>9,10</sup>

Feline urolithiasis is a common disease seen with equal frequency in both sexes. Until recently, it was thought that most uroliths in cats were small and resembled sand or were

gelatinous plugs that differed from typical uroliths in that they contained a greater amount of organic matrix, giving them a toothpaste-like consistency.<sup>8</sup> Matrix-crystalline plugs are most commonly found within the urethra near the urethral orifice and are primarily responsible for urethral obstruction. Recently, prevalence of urolithiasis with grossly observable stones composed primarily of calcium oxalate has increased in cats.<sup>3, 11</sup>

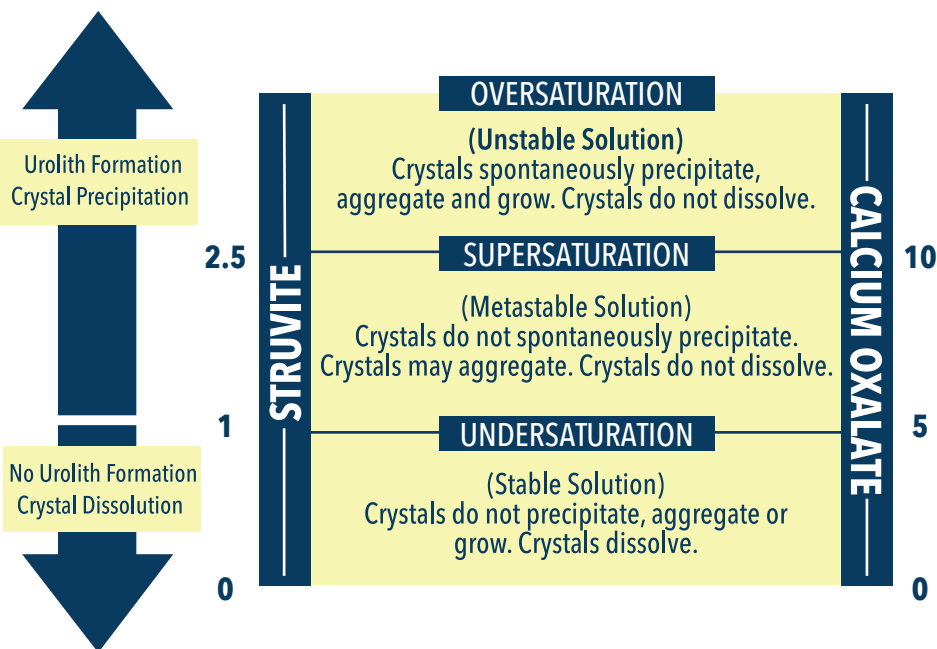
## OPTIMAL NUTRITION FOR URINARY SUPPORT

### 1) RELATIVE SUPERSATURATION (RSS)

Relative Supersaturation (RSS) evaluation has been the gold standard for urine assessment in humans for decades and has been proven to be the only reliable predictor of the risk of calcium oxalate urolithiasis.<sup>12, 13</sup> This methodology involves the analysis of 12 constituents of a collected urine sample, as well as the determination of urine pH. These data are then analyzed using a computer program that calculates the concentrations of the large number of interactive complexes between all ions present in this urine. Finally, the program calculates the activity product of the urine sample for a given urolith and divides this number by the known constant thermodynamic solubility product for that urolith to determine RSS. Urine below the solubility product for a given salt is termed undersaturated. If urine is maintained within this zone uroliths cannot form. Regardless of the stone type (i.e. struvite, calcium oxalate, etc.) undersaturated urine will have an  $RSS < 1$ . Any existing struvite crystals or uroliths added to urine in this state will dissolve. Although it is not possible to dissolve pre-existing calcium oxalate, they will not grow or reform in pre-disposed animals in this environment.<sup>14</sup> RSS is a single value that can be used to describe the efficacy of a given diet in managing urolithiasis in dogs and cats.

RSS testing has shown that it is possible for a single diet to manage both types of uroliths ( $RSS < 1$  for struvite and  $RSS < 5$  for calcium oxalate) (see Figure 2) and that it is possible to undersaturate for calcium oxalate with an acidifying diet.<sup>12</sup>

FIGURE 2. STATES OF URINE SATURATION<sup>15, 16</sup>



## STUDY: URINE RELATIVE SUPERSATURATION (RSS) EVALUATION

### PURPOSE

To show that feeding BLUE Natural Veterinary Diet WU Weight Management + Urinary Care food, which contains controlled levels of magnesium and sodium as well as controlled pH levels, can result in clinically significant urine RSS values less than 1 for struvite and less than 5 for calcium oxalate. These RSS values have been shown to limit the formation of struvite and calcium oxalate uroliths.

### STUDY DESIGN

Two groups of adult dogs ( $n=10$  each for Canine RSS Studies 1 and 2) and 2 groups of adult cats ( $n=10$  each for Feline RSS Studies 1 and 2) were enrolled in the studies. All animals selected were clinically healthy. Animals were maintained in standard, species-appropriate housing and managed consistently during the study, including providing access to activity/exercise. The study protocols were reviewed and approved by the research facility's institutional animal care and use committee.

Animals were fed the species-appropriate dry BLUE Natural Veterinary Diet WU food for 23 days. An amount of food calculated to maintain body weight was offered once daily and available for 1 hour for dogs and for 20 hours for cats. On day 22, a 24-hour urine sample was collected from each animal, using a metabolism cage with a urine collection system for dogs and a specialized litter box for cats. From that sample, urine pH was measured via pH meter and 2 aliquots were frozen and shipped to The University of Tennessee for RSS analysis.<sup>17</sup> Those aliquots included a 1-ml sample that was diluted with 1.5 ml 1N HCl, and a 10- to 15-ml sample placed in a sterile container. For the RSS analysis, urine sodium, potassium, chloride, calcium, magnesium, phosphorus, citrate, oxalate, ammonia, pH, creatinine, and uric acid were measured.

### RESULTS<sup>18</sup>

Feeding dry BLUE Natural Veterinary Diet WU food in both dog and cat studies resulted in clinically proven urine RSS values  $< 1$  for struvite and  $< 5$  for calcium oxalate.



CHART 1. RSS STUDY RESULTS

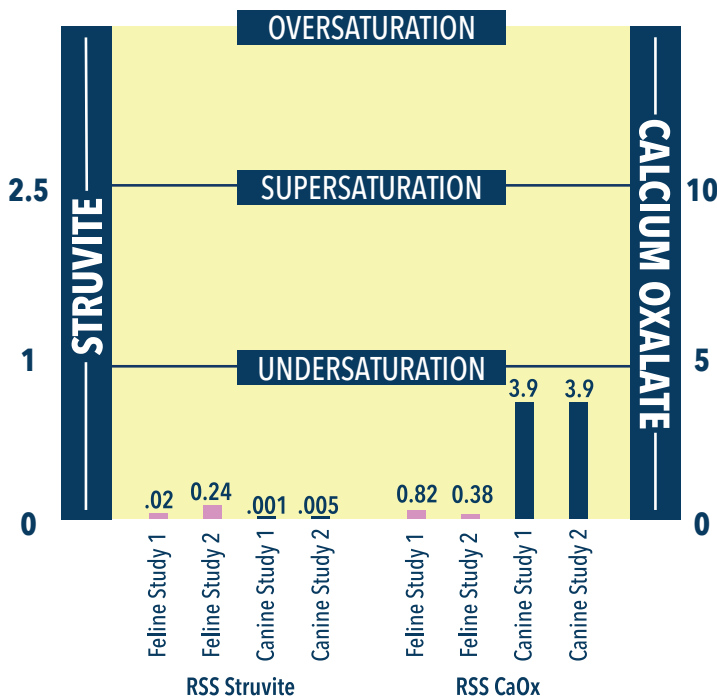
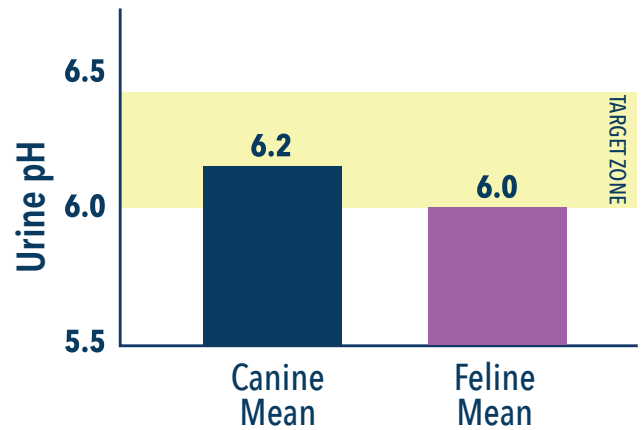


CHART 2. URINE pH MEAN RESULTS



**2) URINE pH**

Formulating effective medical management for uroliths depends on knowledge of the mineral composition of uroliths. To prevent struvite urolithiasis in dogs and cats, it is important that the food is carefully formulated to consistently produce urine in a tight pH range appropriate for the stone type.

**STUDY: URINE pH STUDIES**

**PURPOSE**

To show that feeding BLUE Natural Veterinary Diet WU Weight Management + Urinary Care food can consistently produce a urine pH of 6.0-6.4, which includes the recommended urine pH ranges to prevent struvite urolithiasis in dogs (6.2-6.4) and cats (6.0-6.4.)

**STUDY DESIGN**

Two groups of adult dogs (n=8 each for Canine Urine pH Studies 1 and 2) and 2 groups of adult cats (n=8 each for Feline Urine pH Studies 1 and 2) were enrolled in the studies. All animals selected were clinically healthy. Animals were maintained in metabolism cages during the study. Animals were fed the species-appropriate dry BLUE Natural Veterinary Diet WU food for 5 days. An amount of food calculated to maintain body weight was offered once daily and available for 2 hours. On day 5, urine samples were collected from each animal at 0, 4, 8, and 24 hours via cystocentesis for measurement of pH.

**RESULTS<sup>18</sup>**

Overall, feeding BLUE Natural Veterinary Diet WU food in both dog and cat studies resulted in mean urine pH values between 6.0 and 6.2.

**3) CLIENT INGREDIENT PREFERENCE**

**PET OWNER INSIGHTS<sup>19</sup>**

In a survey of 300 pet owners, owners report that they prefer the ingredients in BLUE Natural Veterinary Diet WU over the ingredients in the leading diets for urinary disease. Meeting client needs and preferences is key to encouraging increased client compliance, especially with conditions like lower urinary tract disorders that must be carefully managed throughout a pet’s life.

**CLINICAL IMPACT**

The results of the studies discussed in this Clinical Report support BLUE Natural Veterinary Diet WU food as clinically proven to produce a urinary pH value of 6.0-6.4 to prevent struvite urolithiasis in dogs and cats. Additionally, by producing a Struvite RSS of <1 to help limit the formation of struvite uroliths and to produce a Calcium Oxalate RSS of <5 to reduce the risk of development and reoccurrence of calcium oxalate uroliths, BLUE Natural Veterinary Diet WU food can support the urinary health of dogs and cats.

For more information about Blue Buffalo Quality Assurance Testing and Clinical Research please visit [TrueBLUEVets.com](http://TrueBLUEVets.com) or call 1-888-323-BLUE.

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