

# Veterinary Discussion Guide: mTOR & Rapamycin

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. The Goal of the Conversation

*"I am interested in a proactive longevity strategy for my dog, specifically focusing on **mTOR inhibition** and **autophagy**. I have been researching the **TRIAD study** (University of Washington) and would like to see if a low-dose, pulsed Rapamycin protocol is appropriate for us."*

## 2. Clinical Screening (The Baseline)

Before starting any mTOR modulator, ask for these specific tests to ensure your dog is a safe candidate:

- **Full Senior Blood Panel:** CBC and Chemistry (focusing on liver/kidney markers).
- **Urinalysis:** To check for underlying protein loss or silent infections.
- **Cardiac Screening:** A basic auscultation to check for murmurs or arrhythmias.
- **A1c or Fasting Glucose:** Because mTOR affects insulin signaling, we need a baseline for blood sugar.

## 3. Specific Questions for Your Vet

- **Dosing Schedule:** "Are you comfortable with a **pulsed** dosing schedule (e.g., 0.05mg/kg to 0.1mg/kg administered once weekly) rather than daily administration?"
- **Sourcing:** "Do you have a preferred compounding pharmacy for Sirolimus (Rapamycin) to ensure we have accurate, small-dose capsules?"
- **Contraindications:** "Given my dog's medical history, are there any reasons—like current infections or history of delayed healing—why we should wait?"

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## 4. Monitoring & Side-Effect Protocol

Establish a "Red Flag" plan before you leave the office:

- **What if I see a mouth sore?** (Standard: Pause for 1 week and re-evaluate).
- **What if there is GI upset?** (Standard: Lower the dose or increase the "rest" period).
- **Follow-up:** Schedule a follow-up blood panel in **8 to 12 weeks** to monitor metabolic response.

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## 5. Functional Longevity Checklist

*Keep a log of these markers at home and bring them to your follow-up appointment:*

Marker	Improvement Noticed? (Yes/No)	Notes
Play Drive		Higher interest in toys/interactions
Mobility		Ease of getting up or using stairs
Cognition		More alert; less "sundowning"
Coat/Skin		Improved luster or decreased itching
Energy		Better stamina on walks