

What Looks Like "Getting Older" Might Be Hormones

We tend to write a lot of changes off as 'he's just getting older' or 'that's just how she is now.' But aging isn't passive – it's deficiency accruing over time. A lot of what looks like 'just age' is actually chemistry: hormones doing less than they used to, after a spay or neuter. Here are five common signs, and what might actually be behind them



Mobility – "He's just slowing down."

Hormones help maintain the type of muscle responsible for power and quick movement – not endurance, but explosiveness. When that support disappears, it's often power and quickness that go first, well before general stamina does.

Coat – "Her coat's not as shiny or thick as it used to be."

Hormones regulate skin cell turnover and the hair growth cycle. A coat that goes softer, woollier, or duller after a spay or neuter isn't random – it's often the first visible sign that something changed underneath.



Joint Health – "Her joints seem stiff for her age."

Hormones support joint and connective tissue health in ways most owners never hear about. Stiffness that shows up "too early" is worth a second look, not just a shrug.

Personality – "He's just grumpier now" or "She seems more anxious than before."

Hormones influence mood and reactivity, not just physical health. A shift in temperament after a spay or neuter is real, and it's not something your dog can help – it's chemistry, not character.



Gut/Digestion – "His stomach's been off more often" or "She's had more digestive flare-ups since her spay/neuter."

Sex hormones and gut bacteria are in constant two-way conversation – hormones help shape which bacteria thrive, and those bacteria, in turn, help regulate how much active hormone circulates in the body. When the hormones disappear abruptly, that whole balance shifts.

THE BOTTOM LINE

None of these changes are things you did wrong, or things your dog is doing on purpose. They're signs worth understanding, not just accepting. Bring this list to your next appointment.

Noticing these signs? Let's look at your dog's whole picture. Check it at RevitalizingPetCare.com.



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This Pocket Guide is a companion to the [Dr. Pam Unleashed](#) episode 26 - The Gland Effect, Part 2: It's not bad luck, it's chemistry.