

Practice News

- Vets Lesley, Max, Euan and a guest appearance by Amie Wilson were all on duty for the highly successful **Burgham International Horse Trials**. Luckily the event passed without incident (despite the crazy weather) and a good time was had by all.
- We are delighted to welcome back **Kate Logan** who has re-joined us after 12 months off on maternity leave! Kate, Joe and baby Alicia are all very well and have been very busy renovating a barn in their 'time off'! Kate will be working 2 days a week, Tuesdays and Wednesdays.



- We have been very proud this month to be sponsoring the **Percy Pony Club Show Jumping Team** who have had a great month! They came 6th at the Border Union Show and at the regional championships and have now qualified for the national championships. This is the first time they have qualified for show-jumping, cross country and dressage. Additionally the **North Northumberland** and **Morpeth Pony Club** games teams have also qualified for regionals, well done to everyone involved!



- Well done to our Equine Care Assistant Lauren Clark and her horse Lad- "Dorlyn Beacon Boy" who are having a successful first season in

British Dressage. He has qualified for the Area Festival, Under 25 Championships and Winter Regionals. On Sunday he was placed 1st and 2nd at Alnwick Ford with two scores over 76%. He recently got a mention in the Horse and Hound for gaining scores of 74.8% and 75.2% at Ian Stark Equestrian.



Max was recently called to a horse in distress, which was drooling from the mouth and was reluctant to eat. It had been absolutely fine when turned out that morning, but was very distressed when brought in at 6pm. On arrival the horse was very quiet but alert and responsive, it had a large amount of frothy saliva draining from its mouth (unfortunately no photos of this). On further investigation with a dental speculum, the mouth initially seemed ok. As Max examined the tongue to gain better access to the back of the mouth, he scratched his hand on something sharp. He then proceeded to pull out a piece of tyre wire that had been lodged in the tongue! After questioning, it was discovered the owner had a pile of old tyres lying around the hay. This type of pathology is far more commonly seen in cattle, where old tyres are used to weigh down silage wrap in silage pits. As the old tyres break down, the wire which is normally within the tyre begins to migrate out and into the feed, which the cow then inadvertently eats.



Once eaten, the wire can sometimes pierce the stomach and move into the animal's heart causing an infection to form within the sac which surrounds the heart, this can be fatal if left untreated. Although not normally reported in horses, this particular mare had a very lucky escape! She has since made a full recovery on pain relief alone.

Equine Metabolic Syndrome (EMS) is a collection of risk factors associated with endocrinopathic (hormonal) laminitis in horses and ponies. These risk factors include the breed of horse or pony, with smaller ponies often more prone to the syndrome; overweight animals or those with irregular fat distribution; and a high sugar diet. All of these risk factors can contribute to abnormal regulation of insulin levels with the potential to give rise to laminitis.

Insulin is a hormone released in response to sugar levels in the blood, however other factors such as obesity can affect its blood levels and uptake into cells. Clinical signs of EMS are primarily obesity, with fat often seen around the top of the neck or the 'crest' around the tail head and behind the shoulder. Signs of laminitis can also indicate an underlying EMS problem, such as lameness, bounding digital pulses, reluctance to walk and increased lying down.

It is important to implement proper management procedures when treating or preventing EMS and reducing the subsequent risk of laminitis. The principles of prevention and management are relatively straightforward, **controlled exercise** and **appropriate diet**. Providing a diet low in sugar and higher in fibre, and increased exercise can both help reduce levels of fat which contributes to insulin dysregulation as well as increasing the body's response to insulin and gaining better control of insulin levels. There is also medication available to help with management of EMS. If diagnosed with EMS access to pasture should be limited, particularly when lush fresh growth is coming through. If laminitis develops it can be very difficult to manage, highlighting the need to prevent EMS through appropriate diet and exercise.

Equine metabolic syndrome is a disease which can be prevented and controlled by correct management of a horse or pony, and with greater owner knowledge can be avoided in many cases. The first stage in diagnosis of EMS is a thorough clinical exam followed by a simple blood test. EMS can also be confused or mistaken for **Cushings** disease (over-production of steroid within the body). Indeed Cushings and EMS show similar clinical signs and can be found in conjunction with other! If worried about either Cushings or EMS give the office a call to work out the best way forward.

By Leo Martin – University of Surrey School of Veterinary Medicine

Strangles Talk

We will be holding an evening talk about strangles on **Thursday 9th August at 7pm** at the Pegasus Centre, everyone welcome! We will be discussing the disease, as well as explaining diagnosis, management and prevention of cases.

Dental Promotion Change

From the 1st September our Friday dental promotions will be moving to Wednesday. This means an unsedated dental is only £52.20 here at the Fairmoor equine clinic (£68 with sedation) where we have access to a wide range of specialist dental equipment including an oroscope and equipment for filling!



The banner features the Horse Health Programme logo on the left, which consists of a stylized horse head in blue and white. The text 'Horse Health Programme' is in a bold, sans-serif font, with the tagline 'Your Passion. Our Priority' underneath. In the center, a blue box contains the text 'SAVE UP TO £150* ON YOUR ANNUAL CORE BENEFITS' in white, with social media icons for Facebook, Twitter, Google+, and Instagram below it. On the right, there is a photograph of a rider on a brown horse jumping over a fence, with the Horse Health Programme logo and tagline repeated in the bottom right corner.