



Summer Newsletter 2021

Practice News

Well, it certainly feels like summer has been a long time coming this year but we are definitely enjoying working in the sun now that it has arrived. It has been great to see so many of you out and about and at competitions.

Unfortunately, the good weather has brought with it a lot of cases of laminitis. Laminitis can be a very serious condition and we would like to remind everyone to consider taking precautionary measures especially if your horse or pony is overweight. Over the page is an article about laminitis, with some useful information on how to spot the early symptoms and how to prevent it.

At the end of May we said goodbye to one of our equine vets, Anna Pilzak. Anna moved across from Poland and has been with us for 2 years now. She has taken a job at an equine practice in the south of England which will allow her to explore a bit more of the UK. We wish her all the best in her new job.

After the success of our gastroscopy week in May we have decided to run a Gait Assessment Day on August 4th. On this day you can book in for a 1 hour appointment, during which your horse/pony's gait will be assessed using the Lameness Locator and front feet foot balance x-rays will be taken. You will then receive a report of all the findings which can be passed on to your farrier and physio. All of this will be done at a discounted price. See the next page if you would like to find out more and give us a call to get booked in.

This summer we have decided to introduce 'Zone Visits' which will allow all equine clients the opportunity to have a discounted visit charge for routine work. The area we cover has been divided into 3 zones and each zone will be allocated 1 day per month. More information on this can be found over the page.

Due to increased administration costs, we would like to let all clients know that there will now be a small charge for completing insurance documents. This charge will appear on your invoice as 'Insurance admin fee'. If you have any queries about this, please give us a call.

Over the last few months, we have continued to have regular visits from The Equine Dental Clinic to help us with our trickier dental cases. We are very grateful that they make the long journey up here to perform advanced extraction techniques, root canal therapies and sinus surgeries. They will continue to visit every 3 months throughout the year providing support to our vets.

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Check out our new website and let us know what you think.

www.ardenehouse.co.uk

If you would like to receive our quarterly newsletters by email please send us a message via the contacts page on our website.

**24 Hour
Emergency
Service**

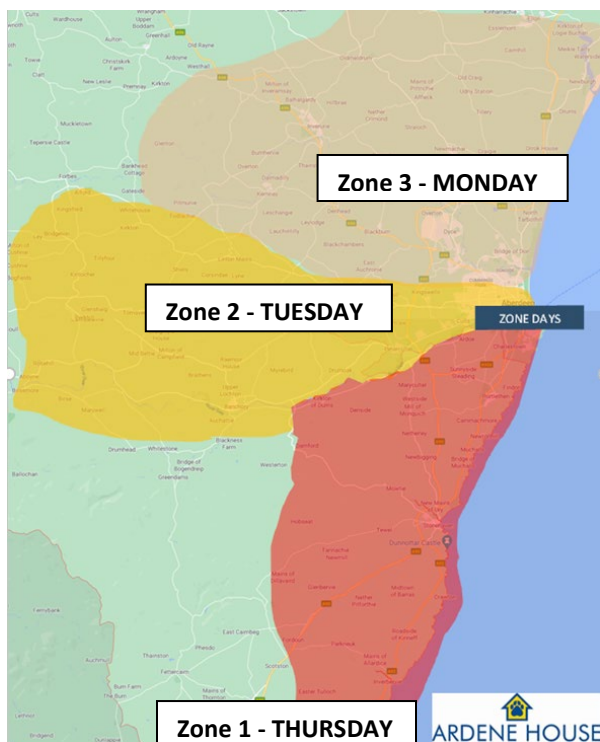
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Zone Visits - £20 Visit Charge



| Zone 3 – MONDAY | Zone 2 – TUESDAY | Zone 1 – THURSDAY |
|----------------------------|----------------------------|----------------------------|
| 19 th July | 6 th July | 15 th July |
| 9 th August | 3 rd August | 19 th August |
| 30 th August | 24 th August | 2 nd September |
| 13 th September | 14 th September | 23 rd September |
| 11 th October | 5 th October | 7 th October |
| 25 th October | 19 th October | 28 th October |
| 8 th November | 2 nd November | 11 th November |
| 29 th November | 30 th November | 2 nd December |
| 13 th December | 14 th December | 16 th December |

The idea behind zone visits is to give all our clients, whether you keep your horse at a big yard or privately at home, the opportunity to access a significantly discounted visit charge for routine work. The types of procedures and services that may be carried out at a zone visit are: vaccinations, microchips, passports, blood tests, prescription checks, dental checks, routine rasping and lameness examinations.

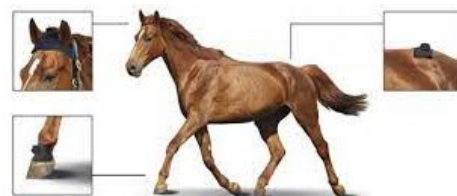
- There are 3 zones (north, west and south) and initially each zone will be allocated 1 day a month where the **visit fee will be £20 (inc Vat).**
- Payment for the visit and work done must be made at the time of the visit (otherwise the standard visit charge applies).
- You should book in for the zone visit a minimum of 48 hours in advance.
- You will be given an approximate time for your visit the day before.
- If you cannot attend the visit, please make sure someone is available to hold the horse and has the passport to hand.
- If you would like to request a specific vet or a specific time for a visit then a normal visit would be more appropriate.

Gait Assessment Day - 4th August



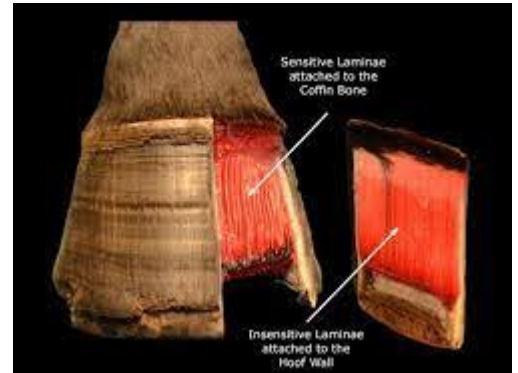
A 1 hr appointment for gait assessment using the Equinosis Lameness Locator followed by front feet foot balance x-rays. Each horse will get a report of all the findings which, along with the Lameness Locator measurements will act as a great 'wellness baseline' in case of any lameness issues in the future. All of this will be done at a discounted price.

Via 3 sensors the Lameness Locator tracks a horse's movement accurately to less than 1 mm. It is great for detecting subtle lameness and quantifying it, but it is also a really useful tool for assessing the movement of a sound horse. This assessment can then be kept on file and referred back to if the horse has any performance issues at a later date.



LAMINITIS

Laminitis is a very painful and serious condition that affects the hoof. Simply put, "laminitis" is inflammation of the laminae resulting in damage to the bond between the pedal bone (the bone inside the hoof) and the hoof wall. This bond is made up of the sensitive laminae (on the bone side) interdigitating with the insensitive laminae (on the hoof side). When this bond becomes inflamed and damaged it loses its strength and the pedal bone is therefore no longer held in a stable position within the hoof capsule. At this point the pedal bone is then at risk of rotation and sinking. This stage is known as the chronic stage and can last indefinitely. It can result in continuous low grade lameness and in severe cases the pedal bone can prolapse through the sole and the hoof wall can even end up sloughing off.



The sensitive laminae inside the hoof.



Signs of Laminitis

- Rocking back onto the heels to take the weight off the painful laminae at the toe.
- Weight shifting between legs.
- Reluctance to walk and or trot, especially on hard ground and pottery on tight turns.
- Bounding digital pulse (which can be felt at the level of the pastern and fetlock).
- The hoof wall may feel warm.

Some horses may only show some of these symptoms. It is thought that during the development phase of laminitis, there may be a lag of up to 40 hours prior to a horse showing these clinical signs. Usually laminitis affects the front hooves more severely than the hind, however in some cases the hinds can initially be worse than the fronts. Most commonly the condition will affect pairs of feet (or all 4 feet) however occasionally you will get a single leg laminitis. If you think your horse may be suffering from laminitis it is really important to call us ASAP. The sooner the progression of the disease can be stopped the greater the likelihood of your horse coming sound again.

Causes of Laminitis

There is still a lot of research being undertaken to investigate the causes of laminitis, but we know that in the UK the most common type of laminitis is endocrine associated laminitis. There are 2 metabolic disorders that can cause endocrine laminitis: Equine Metabolic Syndrome (EMS) and Pituitary Pars Intermedia Dysfunction (PPID, aka Cushing's disease).

Equine Metabolic Syndrome = Horses with EMS commonly (but not always) have excess fat storage in certain areas over the body and become insulin resistant. This results in a high insulin level in the blood which in turn causes laminitis. This can be tested for by taking a blood sample 60-90 minutes after a special feed of glucose syrup. The testing is best done when your horse is not experiencing an acute episode of laminitis as the pain can alter the insulin levels.

Cushing's Disease = This can occur in any horse but usually affects older (≥ 15 years) horses and ponies. It is due to an enlarged pituitary gland at the base of the brain. The enlarged pituitary gland produces too much of the hormone ACTH (adrenocorticotrophic hormone) which can lead to laminitis. Horses with Cushings are at a 4 times higher risk of getting laminitis than horses that do not have Cushings. This condition can be tested for on a blood sample at any time of year, but in Autumn the blood test is even more sensitive for picking up early cases.



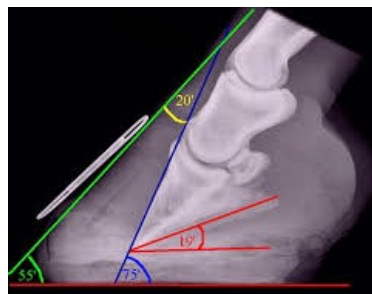
A horse with EMS showing the common areas where excess fat gets deposited.

Supporting limb laminitis = This is due to excessive weight bearing on a single limb, usually due to a severe lameness in the opposite limb.

Endotoxemia associated laminitis = This can occur secondary to severe colic or a retained placenta after a mare has foaled due to toxins that are released into the blood stream.

Treatment of Laminitis

It is important to try and effectively treat the pain a horse or pony with laminitis will be experiencing. We would usually do this by prescribing a non-steroidal anti-inflammatory such as finadyne or bute. Other pain relief drugs that might be given include paracetamol and gabapentin. Sometimes acepromazine (ACP) is also used to try and calm the horse and encourage it to rest. It is very important that the horse is kept on strict box rest with a deep bed. We don't want them moving around as this puts more pressure on the already inflamed laminae within the hooves. Sometimes we will also put pads onto the feet to provide extra support and comfort.



X-ray showing rotation of P3.

If there is concern that the pedal bone has moved, we would usually advise x-rays of the feet either early on, and/or a few weeks after the acute stage of the disease has settled down. The x-rays allow us and the farrier to see exactly where the pedal bone (P3) is within the hoof and can help determine how much toe and heel to trim. In cases where the pedal bone has rotated and or sunk, remedial shoeing will often be necessary.

Prompt diagnosis and treatment of any underlying endocrine disorder is very important. We would often advise that a horse with laminitis is put onto a restricted diet, especially if it is overweight or diagnosed with EMS. If the horse is diagnosed with Cushings we would usually start treatment for this straight away.

Preventing Laminitis

Here are some of the things you can do to try and stop your horse or pony getting laminitis:



- If you have concerns that your horse may have Cushings or EMS please give us a call and we can discuss getting them tested for these conditions.
- Monitor your horse's weight weekly with a weight tape. If they are increasing in size, reduce their feed and take action to limit their grass consumption ex: grazing muzzle during the day and then in at night on soaked hay.
- Keep your horse fit.
- Keep on top of hoof care with regular trimming.



We hope you all have a great summer. Here's a couple of pictures of what our team has been up to recently when not at work (thankfully we can all swim!)



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