



# WENSUM VALLEY VETS NEWSLETTER

## Routine Care

### Tapeworm

- If you haven't already submitted a tapeworm saliva test (Equisal) we recommend doing so before the middle of February
- If you decide not to test for tapeworm, please give us a call so we can advise on an appropriate wormer to provide protection against them

### Redworm

As the weather gets colder, redworms in the gut start to burrow into the gut walls. Here, they can lie dormant until spring, when they emerge from the walls causing pain, inflammation and sometimes, blockages. To mitigate the risk of this we use a specifically targeted wormer once yearly between November and January. If your horse does not have worm egg counts, contact us so we can advise.



## Laminitis and Endocrine Disease

It is now understood that the main cause of laminitis in horses is endocrine disease. The two main types of endocrine disease are Equine Cushing's disease (also known as PPID) and Equine Metabolic Syndrome (EMS).

### EMS

Equine Metabolic Syndrome is a collection of risk factors for endocrine laminitis, with insulin dysregulation and imbalances as its main feature. EMS is most likely to occur in overweight horses and native breeds such as Shetland, Dartmoor, Exmoor and Welsh ponies have a predisposition, but it can affect any breed.

### Equine Cushing's Disease

Equine Cushing's Disease is a degenerative disease of the pituitary gland in the brain. It is common in horses older than 13 years and results in a number of hormone related imbalances due. It can cause a long/curly coat, failure to shed



### Worm Egg Count Scheme

Now is the perfect time to join our very popular Targeted Worming Scheme. This provides a minimum of 4 faecal worm egg counts per year and an Equisal tapeworm test, as well as 10% off wormers and unlimited worming advice and discussion. Please call our office if you would like to sign up or know more.

By regularly conducting worm egg counts, you help to keep your horse's worms managed and protect worming products against resistance for future generations of horses.

### Equine Dentistry

Routine dental care is essential to a happy and healthy horse. Sharp or imbalanced teeth can interfere with eating and exercise, causing welfare issues. As prey animals, horses are excellent at hiding pain, particularly dental pain, so without regular check ups dental disease can go unnoticed. Reasons to book a dental examination include:

- Ridden issues
- Problems eating
- Dropping food (quidding)
- Finding chewed pieces of food
- Nasal discharge
- Swelling on head/face

normally, sweating, **laminitis**, excessive drinking/urinating, dullness and increased risk of infections, including dental disease and foot abscesses.

### Testing

Establishing a cause for laminitis is essential in reducing its recurrence in the future and can provide significant help in its treatment. To test for Equine Cushing's a simple blood test is done. To test for EMS an 'Oral sugar test' is conducted, where syrup is fed 60-90 minutes before taking blood. These can both be easily arranged and carried out on your yard.



### Treatment

Equine Cushing's Disease is not curable but can be well controlled with Prascend (pergolide) tablets. Annual blood tests should be taken to monitor hormone levels and ensure the treatment dose is correct.

Diet and exercise are the two best ways to treat EMS in horses. However sometimes adequate control of insulin levels and weight loss cannot be achieved by these alone, and medical help is needed. Some recent advances in drug therapy mean we have more drugs that can be used to control insulin levels and reduce risk of laminitis. A short course of these can also aid in weight loss.

