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Veterinary Surgeons:

Matt Hanks	BVSc MRCVS
Malcolm Corsar	BVM&S CertAVP(EP) MRCVS
Holly Marshall	BVM&S CertAVP(EM) MRCVS
Rebecca Davies	BVetMed MRCVS

Front Office Staff

Practice Manager -	Gemma Williamson
Receptionist -	Charlene Taylor

Opening Hours

Monday to Friday: 8.30am - 5pm
24hr Emergency Service
0131 664 5606

Email: info@centralequinevets.co.uk
Website: www.centralequinevets.co.uk

Follow us on Facebook, Instagram and Twitter!

CENTRAL EQUINE VETS COVER STAR



Practice Manager Gemma Williamson & Star

Would you like to see your horse or pony featured on our facebook page?

We are looking for some special equines each month, just like Star above, to be featured on our social media as a star horse or pony of the month throughout 2024. We are looking for a photograph and short explanation as to why you think your horse or pony should win. This could be something funny, a medical recovery or an achievement.....anything at all!

If you would like to be considered for horse or pony of the month then please email info@centralequinevets.co.uk

2024 AUTUMN NEWSLETTER NEWS

Back in August we said goodbye to our receptionist Sally Burns but are very lucky to welcome to the practice, Charlene Taylor. Charlene has been around horses all her life holding a wealth of knowledge & experience to help answer your questions, queries & take care of you and your four legged friends! Charlene has completed her first aid training & being our main point of contact in the office, should be speaking to you all over the coming months when answering your calls.

In August we held a raffle to raise funds for Thornton Rose Riding for the Disabled which was a huge success. With CEV goody bags, first aid kits and tickets for the final Defender Blair Castle International Horse Trials, the practice and your wonderful donations raised £100.00!



Our very own Practice Manager, Gemma Williamson has been nominated for an award through Horsescotland which is very exciting. She has been nominated in the 'Equestrian Employee of the Year' category and we wish her the best of luck at the upcoming award ceremony at the end of September!

CEV out and about!

The Central Equine Vets team have been on the road a lot this year visiting many local agricultural shows, events and for 2024, CEV also went international!

Stirling Show - what a busy day the team had at Stirling show, it was windy and wild but fantastic to catch up with lots of lovely clients and many new faces.



The Royal Highland Show - CEV were sponsoring the Working Hunter section this year with Practice Partner Matthew Hanks in attendance, visiting the show for the day.

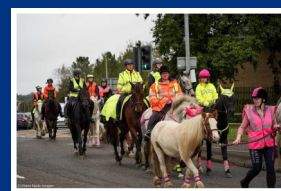
CEV in Paris 2024!

Practice Manager, Gemma & Marketing Manager, Sam were flying the Central Equine Vets flag at the Paralympic Equestrian Games in Paris, having an incredible time whilst doing so! They spent the day in the incredible Château de Versailles venue cheering and supporting Team GB!



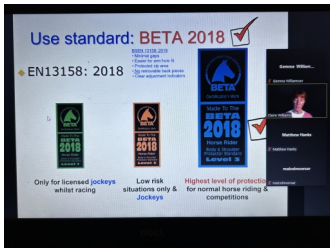
PASS WIDE AND SLOW CAMPAIGN

Central Equine Vets were proud to sponsor the annual 'Pass Wide and Slow' campaign which is an organised national ride to increase driver awareness of horse safety on the roads. There was over 200 rides taking place at the same time all over the UK and we provided rosettes for all participants in the Lanarkshire area. The day was a huge success and clients, Julie Cameron & Kat Stark did a fantastic job in organising the Lanarkshire event!



PRESENTATION EVENINGS

Practice Partner & Veterinary Surgeon, Matthew Hanks delivered a presentation at Totleywells Equestrian Centre informing all liveries about strangles disease and how to keep their horses safe whilst out and about competing. It was a fantastic evening and lots of cake and coffee was also enjoyed!



We were very lucky to have Claire Williams, Executive Director from BETA join us for a rider safety presentation. It was an excellent and informative evening with many of us brushing up our riding hat and body protector knowledge!

Practice Partner, Malcolm Corsar and Veterinary Surgeon, Rebecca Davies educated many of you on Obesity & Feeding for your horses and ponies in both Edinburgh & Alloa. We had a fantastic turnout with lots of questions on how to keep those tummies trim!



If you have any concerns regarding your horses weight, please get in touch and we can provide some guidance.

**CENTRAL EQUINE VETS
FAECAL WORM EGG COUNT TESTING**

Most of you will be familiar with more modern methods of worming and will already be employing a 'targeted, strategic approach' to parasite control with your horse and on your yard to reduce resistance to the wormers that we need to use. Faecal worm egg counts detect strongyle (small and large redworm) and ascarid (roundworm) eggs.



A strongyle egg detected down the microscope during a routine faecal worm egg count (FWEC).

Targeted, strategic worming means using testing of faecal samples (worm egg counts) to determine whether worming is required at specific times of the year.
(Does not detect encysted redworm or tapeworm)

Generally, only 10-20% of horses on any one yard may need worming following this test. This is because (as a rule of thumb), 80% of the worms are found in 20% of the horses. As you can imagine, blanket treating the other 80-90% of horses with wormer they don't need has been a big factor in increasing resistance.

It is now time to start thinking about having your final faecal worm egg count of 2024 completed with an Equest Pramox being given to all horses mid-December.

If you would like to drop a sample, are looking for a worming plan or any further information, please get in touch.



FIRST AID KITS - HAVE YOU GOT YOURS....?

Did you know that you can purchase equine first aid kits from Central Equine Vets direct? We have two first aid kits available, an essential and also a comprehensive kit to cover all those emergency needs!

ESSENTIAL FIRST AID KIT £37.50



COMPREHENSIVE FIRST AID KIT £52.00



Each first aid kit contains everything you may require to deal with an emergency situation until the vet arrives.



Central Equine Vets online, on your phone and tablet!!



WINTER WEIGHT LOSS

by Matthew Hanks BVSc MRCVS

Autumn / Winter signifies a paradigm shift in the management of our horses. They move from a predominately fresh grass diet to a diet that consists more of stored forage such as hay and haylage. This provides owners with a greater ability to control exactly what their horses eat compared to Summer pasture.

DESIRED WINTER WEIGHT LOSS

This change in diet represents an opportunity to allow your horse to lose weight in a controlled fashion if there has been too much weight gain during the Summer.

Horses are very sensitive to excessive body condition and can quickly develop a metabolic condition that closely resembles type 2 diabetes in humans. This is called Insulin Dysregulation (ID) in equines. It is part of a group of metabolic conditions called Equine Metabolic Syndrome (EMS).

This can strongly predispose them to developing laminitis. The condition affects young and old horses. To reduce the risk of laminitis from ID it is very important that your horse loses weight in a controlled way during the winter months.

To lose weight we have to reduce the amount of energy the horse eats. Excess energy is stored as fat.

Grass pasture typically has 10 MJ of Digestible energy (DE) per kg. Hay on the other hand has around 6-7 MJ DE / kg. Haylage is somewhere in between the two. To lose weight we would advise giving hay rather than haylage.



Dietary management is focused around ensuring the horse's diet is low in non-structural carbohydrates (NSC). NSC include starch and water soluble carbohydrates (WSC) such as simple sugars.

Hay or haylage contain significant amounts of WSC. To reduce this **hay should be soaked for around 9 hours.**

In terms of how much hay to provide, it is advisable to provide around 1.5 % of bodyweight for weight loss.

For a 500 kg horse this equates to 7.5 kg dry matter. You can also add a trace element supplement if you wish as this adds no extra energy. This provides a complete diet for your horse.

UNDESIRED WINTER WEIGHT LOSS

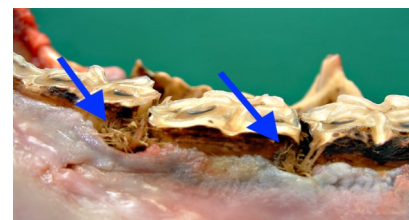
INADEQUATE FEEDING: As already mentioned, Winter is a good time to take control of your horse's diet. If you feel that your horse is losing weight and you would like to prevent this, then try and increase the feeding level slowly. Increase forage and concentrates slowly to see if this adds some condition to your horse. This will be particularly relevant for younger growing horses and older horses who struggle to keep condition.



DENTAL PROBLEMS: One of the main reasons for horses not doing well in winter months is their reliance on forage; harder to chew hay and haylage. Horses with poor teeth, which have been doing very well on soft grass all Summer may now show signs of discomfort. It is very important that your horse has regular dental examinations and your vet will suggest how regularly your horse's teeth need to be examined.

While sharp enamel points can cause discomfort the main problem we see in Winter are diastemata. A diastema is a space between the teeth that traps food and cause gingivitis (gum inflammation). Grass is easy to eat so these diastema many not have been apparent during the Summer months so it can be a surprise when your horse starts spitting out hay or haylage during the winter months.

If warranted, diastema can be treated or at least managed. Diastema can be cleared and flushed, putty can be inserted or if very tight, the diastema can be widened which involves drilling out some tooth to allow food to come out of the space rather than becoming trapped and causing pain.



DISEASE, PAIN & WORMS: If you experience weight loss in your horse for unknown reasons, especially if it is not corrected by increased feeding or your horse is refusing food, then make an appointment for a vet visit. It is essential that early indications of disease or pain are picked up and treated to ensure your horse can put its best hoof forward come Spring.

If you would like a weight management plan formulated for your horse, Central Equine Vets can offer assistance in setting this up.

IF YOU HAVE ANY QUESTIONS OR CONCERNS THEN PLEASE CONTACT THE PRACTICE ON 0131 664 5606



ROUTINE CHANGES & STABLE AILMENTS

by Holly Marshall BVM&S CertAVP(EM) MRCVS

Winter is a difficult time for both horses and owners – especially here in Scotland! The impact that muddy, wet conditions can have on equine skin at this time of year is significant, but we also have to be on the lookout for conditions that occur commonly with an increase in stabling.

Your horse’s routine changes several times during a standard year. One of the biggest changes is from Summer / Autumn turnout to a stabled, winter routine. In addition to an increased time stood in, most horses will also go through a very drastic change in diet. This quite obviously can have very marked effects on the gastrointestinal system, the biggest concern of which is ‘colic’ i.e. signs of abdominal pain.

INCREASED COLIC RISK



Useful Tips

- Leading cause of colic is moving from an easily digested ‘grass diet’ to a rougher, forage.
- Ensure summer to winter dietary transition is slow to give the intestinal tract time to adapt.
- Maintaining daily ridden exercise or turnout is helpful to encourage movement of faeces.
- Keep feeds sloppy and ensure adequate fluid intake.

COLIC IS AN EMERGENCY AND SHOULD YOU SUSPECT COLIC, THE VET SHOULD BE CALLED IMMEDIATELY!

INCREASED LAMINITIS RISK



Another, maybe not so obvious, cause of concern from stabling is laminitis.

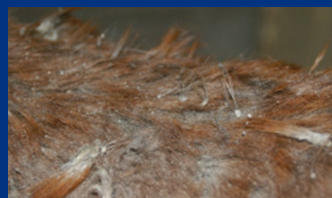
There is still the misconception that this is a truly spring disease, but actually we always see cases in winter. The cause of this? Most commonly in bad weather (think snow, ice, heavy frosts), we find some owners feel sorry for their horses, bring them in out of the cold and even more worryingly, give them extra bucket feeds to warm them up or ‘be nice’.



This results in a massive carbohydrate overload and resulting laminitis, especially in native animals who likely have insulin dysregulation issues such as EMS. Quite obviously this is a recipe for disaster and is often referred to as ‘killing with kindness’. This term is not overstated as we must remember laminitis is still a leading cause of euthanasia in equine practice.

INCREASED SKIN SENSITIVITY

Many other minor and more manageable medical issues can occur with an increase in stabling. Moisture under rugs and over-rugging can result in excess sweat being trapped at skin level and rain-scald (dermatophilosis) in affected areas. This is also more common in cushingoid equines (those affected with PPID) as their ability to sweat is irregular and they can commonly have a more hirsute, hairy coat resulting in more sweat trapping. Clipping out, dry rugs and daily periods standing without a rug on can all help limit this condition.



INCREASED LEG SWELLINGS

Lymphoedema of the hindlimbs can also occur commonly. This is a benign condition where the limbs appear more fluid-filled often having a dimple after pressure applied. The limbs are cool, non-painful and a short period of exercise results in complete resolution. This condition is easily managed with exercise and application of stable bandages to limit the passive accumulation of lymph fluid in the lower leg. This condition is very different to a hot, painful, lame and tender leg which obviously requires veterinary attention as is more likely to be an inflammatory condition such as cellulitis/lymphangitis.

