



What's in this newsletter:

1. News
2. What's happening at CEV
3. Health plans
4. Faecal Worm Egg Count testing
5. Brand ambassador update
6. Spring service announcement
7. Monitoring Competition Fitness
8. Gastric Ulcers (EGUS)

Veterinary Surgeons:

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

Front Office Staff

Practice Manager	Gemma Williamson
Receptionist	Sally Burns

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!
www.facebook.com/centralequinevets

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 NEWSLETTER

NEWS

Welcome to the Spring 2024 edition of the Central Equine Vets Newsletter. After the longest January ever and a turbo charged February, we're excited to share what 2024 has in store for you, your horses, ponies and donkeys.

Central Equine Vets receptionist Sally Burns has recently completed and achieved her training in Equine First Aid, delivered by practice partner and veterinary surgeon Malcolm Corsar. As your first point of contact for routine work, queries or emergencies, Sally is fully equipped to assist with them all.



We have a new brand ambassador flying the Central Equine Vets flag, this time in a different capacity. We welcome Deborah Murray who is a BHS accredited professional. Deborah aims to improve the partnership between horse and rider through a variety of ground and ridden training to improve knowledge and understanding of the horse and work within it's natural instinct and behaviour. Some of you may already know Deborah however, if you see her out and about, please be sure to say hello.

Thank you to all our wonderful clients who took the time to nominate the Central Equine Vets practice alongside, all members of our team for the Petplan Awards 2024. As always, this is most appreciated and receiving this kind recognition for the hard work delivered on a daily basis really is the icing on the cake for our team.



PRESENTATION EVENINGS 2024

We have a range of in person and online presentations planned for 2024 and can't wait to share this years exciting topics with you all!

Also, by popular demand we will be hosting some quizzes and social events too.

If there a topic about horses / being an equestrian / riding / equestrian sport that you would like to learn more about then get in touch with your suggestions!

ASK THE CENTRAL EQUINE VET SERIES 2024

We will be hosting online Q&A sessions throughout the year to answer any questions you may around common conditions / topics.

Mar - Faecal worm egg count testing / worming

Apr - Vaccinations - Flu / Tetanus / Herpes / Strangles / Sweet itch

May - Dental care - Infundibular caries

June - Strangles Disease

Keep your eyes on our facebook page for the March Q&A launch!

KLEEN KUDDIES RUG WASH



KLEEN
KUDDIES RUG WASH

A reputable and reliable rug wash service offering washing, reproofing and repairs of:

Turnout rugs / Stable rugs / Fly rugs / Liners
Assortments—including saddle cloths, bandages, dog blankets and beds etc.

07958010830

kleenkuddies@gmail.com

DROP OFF + COLLECTION - CENTRAL EQUINE VETS

CENTRAL EQUINE VETS HEALTH PLANS

THE MOST POPULAR & AFFORDABLE EQUINE HEALTH PLANS IN THE UK

An Equine Health Plan is a simple and affordable way to get all of the preventive care that our practice recommends for your horse.

Equine Health Plans provide your horses preventative health care in an easy monthly payment plan. However young or old your horse is, an Equine Health Plan is designed to adapt to your horse's needs.

ESSENTIAL PLAN
£11.00 per month

COMPETITION-DENTAL
£19.00 per month

COMPETITION-VACCINE
£19.00 per month

VETERAN PLAN
£26.00 per month

Starting from just £11.00 per month, our comprehensive health plans help save you money ensuring the best in preventative health care for your horse.

Contact the practice on 0131 664 5606 for further information.

**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.

March is around the time to start thinking about having your first faecal worm egg count of 2024 completed, with further samples recommended every 10-12 weeks following this.

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



CEV BRAND AMBASSADOR UPDATES

Gemma Sellar and Bondi have been continuing through a period of rehabilitation and Gemma's dedicated approach, working with Malcolm has really paid off. We are excited to see what the rest of the year has in store for them once they get back out and about!



Paul Dobson Photography



Laura Hooker has been undertaking some side saddle training with Ginny. In between caring for all her animals, taking the children to various activities, pony club events and daily life, Laura is hoping to get some dressage tests under her belt this year which is exciting!

Imogen Casely and her pony Stella had a great start to the year. They attended the 2024 Petplan Area Winter Festival at Howe Equestrian taking the win in the elementary bronze class with a whopping 69%+ test and securing their golden ticket to Addington for the Winter Nationals! Congratulations Imogen & Stella!



Sinclair Photography

If you would like to share your stories with CEV—share with us on an email!

WHAT'S NEW IN THE CENTRAL EQUINE VETS PRACTICE

***SPRING SERVICE ANNOUNCEMENT*
EQ-WEIGH MANAGEMENT**

Eq-weigh Management is a weight management programme designed with owners in mind to provide all the information and tools you need to ensure your horses and ponies have a fit, healthy lifestyle and can continue to live their best lives.

As we move towards the Spring months, it's important to establish and monitor the weight of your horses and ponies, ensuring that they are being managed specifically for their individual needs, as not all horses and ponies have the same requirements.

The Eq-weigh Management service will ensure that you are fully equipped for whatever the Spring & Summer months have in store for us and remember.....prevention is better than cure!



The Eq-weigh Management service provides you with strategic veterinary guidance and recommendations including:

- Eq-weigh management pack including a weigh tape & spring scale
- Exercise / feeding / pasture regimes
- How to weigh your horse / body condition scoring
- Weigh charts
- Monitoring weight
- Feeding guide

CONTACT DETAILS

Central Equine Vets want to ensure that our records are kept up to date allowing us to provide an ongoing high level of customer service. We provide a reminder service for your horse, pony, donkey's vaccinations by telephone, text and email, so please make sure your details are correct and up to date so you don't miss out!

Email info@centralequinevets.co.uk with your/your horse's details if you think these are not up to date!

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



MONITORING COMPETITION FITNESS

Judging your horse's fitness for competition means taking into account several different factors. Your horse needs to be physically (cardiovascularly *and* musculoskeletally) and mentally fit. Good health and fitness at home encompasses everything from excellent dental care, farriery and good nutrition through to exercise suited to the level of competition.

RIDER FITNESS

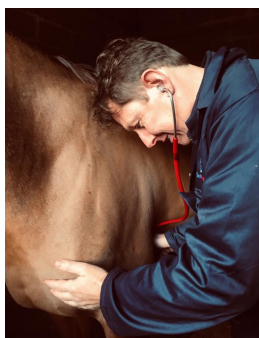
Rider fitness is also crucially important to consider as this has a big impact on the horse. A hot topic over the last couple of years is rider weight and what is an acceptable limit for each type and breed of horse. This is an ongoing area of research and for now there is no clear agreement on what constitutes 'too heavy' but it goes without saying that an overweight rider puts more weight down through the frame and joints of the horse. This added weight will make the horse work much harder compared to a horse carrying a smaller weight.



Central Equine Vets Brand Ambassador Gemma & Bondi demonstrating a balanced, harmonious trot. Gemma is balanced and maintaining a light contact, leaving Bondi able to work correctly through his dressage test.

VETERINARY INTERVENTION

Many competition riders will have a system in place whereby their vet performs regular checks which include a full exam to auscultate the chest and monitor any changes in heart rate, rhythm and to identify any respiratory disease/airway abnormalities. An early sign of poor fitness or ill health may be a consistently elevated heart rate above normal for the horse.



Generally a rate of 36-40 beats a minute for an adult horse would be considered normal. However, just like human endurance athletes, fit horses will have lower heart rates e.g. 26-30.

Heart rate can therefore be a useful indicator of health and fitness.

Any areas of change e.g. swelling or heat are also noted.

The horse will then be observed in hand/ridden. The leading cause of poor (competition) performance in the horse is musculoskeletal disease. With frequent health checks, these issues can be detected, investigated and treated early, meaning less time lost from competition. Routine blood samples can be taken every few months to monitor any trends e.g. recovery from inflammation.

A young horse will tire more easily when first competed and this can be completely normal until he adjusts to the atmosphere (mentally very stimulating) and develops strength and fitness for his job. From a veterinary perspective for any equine, we like to ensure a varied workload, ideally with plenty of turnout and time outside of the arena.

A period of box rest or limited exercise will result in lowering of cardiovascular fitness and muscle fitness/strength. These horses will take longer to get back to full fitness and this time period should not be rushed.

It is important not to forget routine healthcare such as vaccinations and dentistry. Depending on individual requirements, these may need to be timed to ensure appropriate length between drug administration & competition. E.g. the horse may not compete under rules for 7 days following the administration of the vaccine. It is also worth remembering that you may have a horse prone to soreness post-vaccination. Adequate time must be left to ensure your horse is back to normal before work begins again.



If your horse requires sedation for shoeing or for dentistry, then you must also factor this into your schedule to ensure you are 'legal' to compete i.e. the drugs used are out of your horse's system. Your vet will be able to advise on detection times for medications used. Many riders try to tie vaccination and dentistry into the 'down-time' between competitions for this reason. With regards to dentistry, maintaining a comfortable pain-free mouth means a much better chance of obtaining a soft, relaxed contact when riding – an important aspect particularly for dressage.

Central Equine Vets offer two Health Plans designed specifically for the competition horse. If you have any questions or concerns regarding your own horse's fitness for competition, contact us at Central Equine Vets on 0131 664 5606 for more information.

EQUINE GASTRIC ULCER SYNDROME (EGUS)

Gastric Ulcers are a very common condition in all horses, not only competition horses. Many horses suffering EGUS show minimal signs, meaning the condition can often go un-diagnosed & therefore untreated. Being aware & alert for subtle signs of EGUS can help you to catch things early & prevent future problems for your horse.

CLINICAL SIGNS

Poor Performance
Weight Loss
Poor Coat
Resents girth tightening
Colic
Diarrhoea
Poor appetite

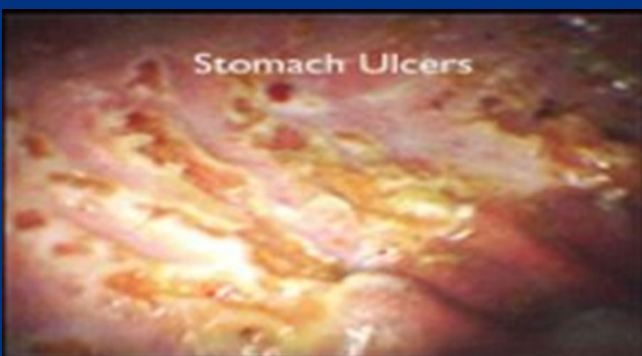
INVESTIGATION

GASTROSCOPY

Our portable video endoscopes allow us (and our clients!) to visualise otherwise inaccessible areas of horses' bodies!

Our 3 metre video gastroscope is used to investigate gastric ulceration syndrome in your horse, enabling our vets to access your horse's stomach and observe the findings immediately as they are relayed to the portable screen. This means that the vet and the client can instantly see what they are dealing with.

The advantage of the video endoscope over the traditional fibre (eye piece) endoscope is that it allows for images to be clearly seen on a large monitor, which means that our vets can show you the findings at the time and chat about the case. We find that this helps make understanding the diagnosis easier - after all, a picture is worth a thousand words.



It is important to bear in mind that every horse is different and the response to the severity of gastric ulcers will vary from horse to horse.

TREATMENT

MEDICATION

Veterinary practices will treat EGUS with Omeprazole which is the most effective relief and treatment. Omeprazole comes in an injectable or paste form meaning that there are different options depending on each individual horse's needs. Vets may also use an additional paste alongside Omeprazole called Sucralfate, which acts a little like a 'plaster' helping protect the damaged mucosa.



DIETARY MANAGEMENT

- ⇒ More roughage / fibre – not sugar / starch (concentrates).
- ⇒ Can replace energy from concentrates with oil – 1ml/kg/day or un-molassed beet pulp.
- ⇒ Alfalfa chaff—high in calcium & encourages chewing to promote saliva production – really good.
- ⇒ Any cereals—should be minimised where possible.

PREVENTION

Dietary modifications as above and including:

- Small cereal meals: <0.5kg/100kg at any feed.
- Mix cereals with alfalfa
- Feed a small amount of roughage before exercise – stops acid splash.
- Avoid stress / pain.
- Omeprazole – Oral / Injectable Omeprazole
- Sucralfate



Roughage = good gastric health

If you are concerned about the potential for Gastric Ulcers in your horse, please get in touch and one of our vets will be able to help.

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