

EqWest Equine Veterinary Clinic

Lamerton, Tavistock
Devon PL19 8QA



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AUTUMN 2011

NEWSLETTER

EQUINE ACUPUNCTURE - *TIGER'S STORY*

EqWest has provided acupuncture treatment for horses for a number of years and it has been very popular with our clients. Roz Jones has sent us this account of her experience of the effectiveness of this treatment for her horse, Tiger (pictured).

'EqWest first recommended acupuncture back in September 2009, following a series of frustrating lessons with Tiger where I would either end up sitting on the floor or totally disheartened. During our first consultation with Paul Hallum I explained the problems I was having with Tiger, his unwillingness to go forward or work from behind, his stressing resulting in bucking or kicking out and his hatred of being groomed. Paul showed me exactly how bad Tiger's back was and the problem areas. He explained that he was bucking because of pain and not just stubbornness.

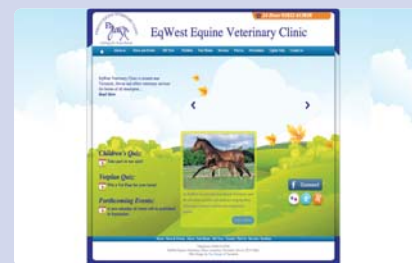


Following the acupuncture treatment I was told to ride Tiger the next day and did notice a small difference when hacking him out and a big difference when we had a flat work lesson. I can happily report that I now have one very relaxed, well-groomed horse who is enjoying his unaffiliated dressage and jumping. Tiger still has acupuncture a couple of times a year but as part of his "maintenance". I'm sure without this treatment our story would have had a very different ending.'

COMPETITION TIME!

Win a year's free bronze 'Vetplan' for your horse

All you have to do is visit our new website www.eqwest.co.uk, which is now up and running. Follow the link from the 'Vetplan' Quiz and win yourself a year's free routine health care for your horse.



Also, our younger riders can enter the children's quiz and win a family cinema ticket to see a film at any cinema in Devon or Cornwall.

Entries for both competitions must be emailed to us on or before the 31st October 2011.

PASSPORTS AND PRESCRIBING OF DRUGS FOR HORSES

According to EU law vets must check all passports prior to administering/dispensing medicines. Horse owners are required to sign the declaration in the passport to indicate whether or not they wish their horse to enter the food chain on its death.

Owners that fail to complete the declaration, or horses that do not have passports are classed as a food-producing animals and all drugs administered must be recorded in the passport. In this case certain drugs such as Phenylbutazone (Bute) cannot be given to the horse and other drugs have a minimum withdrawal period which must lapse prior to the horse's slaughter.

We would be grateful if owners could have their passports available for inspection when the vet next visits so that we can amend our records accordingly.

HIGH QUALITY CARE FOR YOUR HORSE BUDGETED TO HELP YOU

We all want the best care for our horses. Increasing numbers of our clients are opting for the benefits of '**Vetplan**', our **monthly budgeted health scheme**.

It allows owners to give their horse the *best quality routine care* but spreads the cost over 12 equal monthly payments. In addition, you receive 2½% discount on non-routine services provided for your horse, plus other benefits too. Phone the clinic or visit our new website for details.

Remember EqWest also provides other ways to help you reduce the costs of your routine veterinary care:

- Half price Area Day visits. Have you checked which is your Area Day? Please remember that this must be booked at least 24 hours in advance.
- 20% discount off vaccines when combined with a dental treatment during the same visit. Download voucher from website.
- Free visit fee for monthly routine clinics to the larger livery yards.

KEEPING COSTS DOWN

The price of hay and haylage is set to rise again this year. The dry spring and cold summer have made for poor grass growth conditions. As a result there will be a shortage of good quality forage. What can you do to reduce your forage costs?

- If you have a regular supplier, we suggest you either buy or reserve what you can now, so minimising your exposure to the likely price increases that may well occur later in the winter.
- Feed good quality forage, so less is wasted by your horse.
- Where appropriate, mix your hay/haylage with good quality barley or oat straw. If your horse has a tendency to be over weight this can also be a very useful part of your weight control program.
- Make sure your horse **has had its teeth checked within the past 6 - 12 months**, so you know it is able to chew properly and is not wasting any of its feed un-necessarily. Phone the clinic to book an examination.
- Give your horse as much paddock turnout as you can. Even winter grass when supplemented with hay/haylage is a good source of fibre, if its available.
- Reduce the amount of feeds you feed your horse. These are often a very expensive way of getting calories into your horse. Generously fed, good quality forage can be a cheaper alternative.

STAFF NEWS

Paul Hallum's mares have produced two nice foals by the Advanced Hanoverian dressage stallion Fontainebleau. A colt and a filly, both will be for sale at weaning. Kieran O'Brien's two-year-old middleweight hunter Leo (pictured) by Catherston Liberator was placed 4th at Devon County and 2nd at Royal Cornwall. He will be aimed again at the County Show circuit in 2012 unless already sold. His five year old Dutch-bred eventer Charlie (produced by Lizzie Robson) has won two One Day Events in its first season when ridden by his daughter, Georgia.



Leo at Royal Cornwall Show

Kieran demonstrated microchipping a pony at the East Cornwall Hunt Pony Club Junior Camp in August. He officiated at the Golden Horseshoe Ride on Exmoor in May for the 22nd year and was the FEI Veterinary Delegate at the European Endurance Championships in Florac, France in early September.

ART EXHIBITION AT EQWEST

Art Exhibition "**Glimpses of the Tamar & its wildlife**"

We are delighted to announce that Phoebe De Clays (Palmer), a well known local artist, is holding an exhibition of her paintings in Lamerton Physio Clinic's Pilates Studio, in the EqWest building.

Dates are 7th - 16th October (excluding 10th, 11th and 13th). All proceeds to charity.

Why not drop in and have a coffee while you enjoy Phoebe's lovely paintings?

CONNEMARAS AT EQWEST

EqWest hosted the South West colt and filly inspections for the British Connemara Pony Society in May. Three inspectors examined seven fillies and one colt. All of the fillies (including Kieran's filly, Catriona) passed the inspection and were graded in Class 1. The inspectors commented on the excellent facilities at EqWest and said they are likely to use this venue for inspections in future years.



GASTRIC ULCER SYNDROME

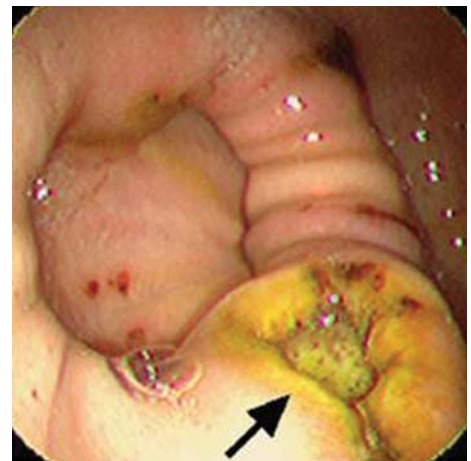
- A FASHIONABLE DIAGNOSIS OR A CLINICAL MENACE?

Gastric ulcers have received a lot of press coverage regarding their effects over the past few years. Unfortunately, other than via gastroscopy of the stomach, there is at the moment no simple way of testing if a horse actually is suffering from ulcers. The blood in faeces laboratory test does not provide a reliable method for testing for this condition. Examination via a special extra-long endoscope remains the only dependable way to diagnose or rule out the problem.

The symptoms of stomach ulcers are many and varied. Recently we gastroscoped a horse and found severe ulceration, that presented as a horse that did not want to be ridden. There were none of the classical ulcer signs, for example no body condition or coat problems, no colic or appetite issues. In fact initially this horse had been examined for a potential lameness/back problem.

This case illustrates that horses can react in a variety of ways when they have gastric ulcer syndrome. Some function normally, while others can really suffer and consequently reduce their performance or ability to maintain their normal expected body condition.

Treatment consists of a prolonged course of the drug omeprazole, which is expensive to buy. At present there is only a single licensed version of this on the market with no competitors. Other antacids are also used in combination. However the most important aspect of any treatment (and prevention) to this condition is to get the horse's feeding regime and turnout regime correct. In conclusion, yes it's a fashionable possible cause of a whole myriad of symptoms but where it does occur, it can really blight a horse's life and performance.



A visiting specialist regularly performs gastroscopy examinations at EqWest. Contact the clinic if you are concerned that your horse might have ulcer problems.

SWEET ITCH VACCINE TRIAL - DID IT WORK?

During the Summer of 2010 we participated in a trial of a novel oral preventive immunological treatment for sweet itch. We are most grateful to the owners of the 39 horses and ponies who volunteered their animals for enrolment in the trial.

We have just been given the results of a preliminary analysis of the results and unfortunately the treated animals fared no better than those receiving the placebo. This is most disappointing. The search for a solution to this dreadful disease must continue.

As a complementary approach, there is some evidence that increasing the level of omega-3 fatty acids in the diet decreases skin reactivity. Cold-pressed flaxseed (linseed) oil, very high in omega-3, is now marketed for feeding to horses. Sources of the product can be found by a keyword search on Google.



EQUEST WORMING SCHEME WINTER 2011

Tel: 01822 613838 Fax: 01822 616122

This winter we are recommending a single treatment for all horses (over 6 months old) with Equest Pramox in mid **December**.

This will remove:

- Bots developing in the stomach
- Tapeworms
- Any encysted overwintering redworm larvae the horse may have acquired during the past grazing season

No further treatment is required until mid May 2012 when we will start our Spring worm egg counting scheme again.

Please contact the clinic for individual advise for pregnant mares and youngstock under 6½ months.

Orders: Must be with the clinic by **25th November 2011**.

Collection: Wormers will be available for collection from **1st December**. They will be clearly labelled with the name of the horse and the date to be administered.

Payment: Please return the reply slip **with FULL payment** or phone your order on 01822 613838 with a credit or debit card number. Regrettably orders cannot be placed without an accompanying full payment. Six or more packs attract a 2.5% discount if on a single order with a single payment.

| Pack | Contents | Cost per pack | Postage |
|--------------------|-------------------|----------------|------------|
| Winter wormer pack | 1 x Equest Pramox | £17.84 inc VAT | £1.50/pack |

| Pack Choice | Cost per pack incl. VAT | Number of packs | Number of packs x cost of pack | Less 2½% Disc (6 or more packs) | Post & Packing (not insured) £1.50 per pack | Total Payment |
|-------------|----------------------------|--------------------|--------------------------------------|------------------------------------|---|------------------|
| | | | | | | |

(2.5% discount for 6 or more packs)

(Special Delivery postage is available if required, please ring to discuss additional cost)

Name: Daytime Tel. Number:

1st line of address & postcode:

Horse names:

I wish to pay by debit/credit card: _____ - _____ - _____ - _____

Expiry Date ____/____/____

Valid From ____/____/____

Security Number:

Issue Number for Switch cards:

Post to: Equest Equine Clinic, Lamerton, Tavistock PL19 8QA

Lamerton Physiotherapy Clinic
Lamerton
Tavistock
PL19 8QA



Tavistock Physiotherapy Clinic
9 Plymouth Road
Tavistock
PL19 8AU

Telephone: 01822 617722 Fax: 01822 616122 info@tavistockphysio.com www.tavistockphysio.com

Correspondence address: Lamerton, Tavistock, Devon, PL19 8QA

STAFF NEWS



Welcome to Paul Atkinson Chartered Physiotherapist who's speciality is Sports Physiotherapy. He has a wealth of experience working in professional league football for many years. Paul will be a great asset to our already highly experienced team of Chartered Physiotherapists, giving high quality Sports Physiotherapy as well as our usual high standard musculoskeletal Physiotherapy. Paul will be working from both our Lamerton and Tavistock Clinics.

Welcome also to Sally Cinnamond Chartered Physiotherapist, who will be running our Thursday evening Pilates class for neck and back patients, and also our **new Pilates class for Sports people**. Sally in addition to being a Physio, is also qualified in Exercise and Nutritional Science plus personal trainer/fitness coaching.

We sadly say thank you and goodbye to Sarah Curtis, who is getting married and is off to Dubai for a few years. We will miss her, but wish her every success and happiness in her future life.

PHYSIO DATES FOR YOUR DIARY

Wednesday 5th October 2011

Runners Assessment Day.

Friday 11th November 2011

Learn to Massage your own horse.

This is a day course learning basic anatomy and massage techniques.

Friday 2nd December 2011

Pilates Christmas get together.

PHYSIOTEC

We now have a customised exercise programme running from our database, where we can email or print off your personal exercise regime.



Runners assessment day was a great success, held in July. Runners of all abilities came to have their technique videoed and analysed on a tread mill, by Physio Paul and Graham from Frank Elford Sports. People went away with advice on foot wear and a programme of personalised stretches and strengthening exercises.

**Next Runners assessment
day 5th October 2011
Ring to book your place**

RUNNING INJURIES

Runners like any other sports people are prone to injuries, the more training you undertake the more likely you are to pick up an injury. Ranging from minor irritations, such as blisters through to Stress Fractures.

In general, the best advice is to stop training at the first sign of a problem. Pain should never be ignored as it is your body's way of alerting you to a problem. It is rare that you would feel pain in isolation and other symptoms that may accompany an injury are swelling, redness, stiffness, deformity and loss of movement. Sometimes pain can seem like it goes away as the training session progresses and then returns at the end, commonly problems such as tendonitis and some overuse injuries act like this. Sometimes pain is felt at different times of the day and not always during training.

A Chartered Physiotherapist, can assess your injury, **to check if you have a sprain or a strain whether you should rest or train**. Physio treatment will usually result in a speedier recovery and a quicker return to training. We may also advise you regarding other forms of activity that you can continue whilst treating your injury. Such as a non impact activity, swimming, cycling or Pilates, that are not going to put a strain on your injury. Along with treatment of the injury, we will assess risk factors that could have caused the injury in the first place, such as tightness of muscle groups or weakness that can lead to strains on joints or muscles.

Before seeing your chartered physiotherapist, as well as resting the injury, another first aid treatment of injury would be to apply ice, (wrapped in a damp tea towel, to prevent ice burns) Time is an important factor. Fifteen minutes should be the upper limit for a single application, but this can be repeated hourly. Ice is the most valuable, yet least used and understood, method of healing sports injuries.

Pain at any time should never be ignored and you should always rest and avoid aggravating activities.

Tavistock Physio Clinics are experts in assessment and management of all sporting injuries. Appointments can be made from 7.30am to 7.30pm.

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