



# KINGS BOUNTY

EQUINE PRACTICE

**Autumn 2019  
Newsletter**

## Joint Supplement ELITE

Introducing our new 'Joint Supplement Elite', for the nutritional maintenance of healthy cartilage in the joints of horses in training and competition work.

This supplement differs from our original joint supplement because it contains other beneficial ingredients alongside the concentrated form of Glucosamine hydrochloride (99% pure) as seen in our original joint supplement. The other ingredients include Boswelia Serrata, a readily available herb with anti-inflammatory properties and Chondroitin Sulphate, Hyaluronic Acid and MSM - ingredients that are reported to have chondroprotective effects. The combination of these ingredients reportedly provides increased anti-inflammatory effects and chondroprotective effects compared to Glucosamine alone.



The joint supplement elite is highly concentrated and can last up to 365 days depending on the size of your horse/ pony and level of activity they do.

**We have recently changed our correspondence address, please send all post to the address below:**

### Kings Bounty Equine Practice

Unit 2  
The Old Stables  
West Tisted  
Alresford  
SO24 0HJ

**01420 520164**  
**admin@kingsbountyequine.co.uk**

## Air Ambulance



We are proud to announce that we have raised **£500** for **Hampshire and the Isle of Wight Air Ambulance**.

We have bought many products over the years from Vestaplas, a highly regarded supplier of the practice, and it has been with their support....and of course indirectly you the clients, that we have been able to contribute to this invaluable service.

The HAIOWAA rely entirely on public donations and carry out up to 3 life-saving missions a day, reaching the Isle of Wight in just 20 minutes.

Thank you Vestaplas and The HAIOWAA!

## Wedding bells are ringing!



We'd all like to say a massive congratulations to Janette and Dors who got engaged this August.

Their summer garden party soon became an engagement party after he got down on one knee and popped the question! She of course said yes! We couldn't be happier for them and can't wait to hear about future wedding plans!



# Preparing your horse for Autumn

**Autumn is the season of beautiful colours but with it comes cooler temperatures and darker nights. Here are our top tips on keeping your horse fit and healthy through the Autumn months.**

## Autumn nutrition

Frequently, as we enter the Autumnal months, we can become a little complacent with regards to grazing due to the disappearance of Spring/Summer grass. However, Autumn remains an 'at-risk' time of year for ultimately the year-round problem of laminitis. Last year, we saw a particularly high incidence of laminitis during the Autumn & Winter months. Therefore, ongoing vigilance with regards to weight & diet is required.

For overweight horses/ponies, grazing should be restricted and the recommendation is to limit time at grass, to graze on a bare paddock & to utilise a grazing muzzle. Whilst stabled, these horses & ponies may be offered soaked hay. Hay should ideally be soaked for 8-12 hours prior to feeding; however, in warm weather when soaking for this duration of time, hay can become rancid so soaking for a shorter duration of time is recommended. Hay should be double netted to slow ingestion time. If possible, nets should be suspended from the roof in the middle of the stable, again to slow ingestion speed.

If restricting the quantity of hay fed for weight loss purposes, feeding 1.5% of the horse/pony's body weight, in kilos of hay weighed dry, per day, is recommended as a starting point. For a 500kg horse, this would equate to 7.5kg/day. If the horse/pony has access to grass, a smaller hay requirement will apply and the quantity required will ultimately depend on the duration of time at grass, quality of grazing etc. Hay should be fed little and often to ensure that the horse or pony is not going for prolonged periods of time without access to fibre. If feeding hard feeds, low starch/sugar feeds should be utilised such as a low-calorie balancer and light chaff.

If making changes to your horse or pony's diet, please do so gradually over a period of a couple of weeks to allow the gut microbes to adapt to the new diet and in turn, reduce gastrointestinal upsets including episodes of colic.

Exercise is as important as diet for weight loss so should not be forgotten.

## Stabling

If your horse has been out 24/7 all summer, make sure the transition to stabling is gradual so they can adjust to the change in routine.

Start with short periods of stabling, gradually increasing the time spent in the stable, over a period of weeks.

A useful tip: If you find your horse is not drinking much water from its stable, try using the water supply from the field your horse has been drinking from all summer.

## Autumn worming

Targeted worming involves dosing horses only as and when necessary, depending on results of faecal worm egg counts which can be performed in our laboratory.

However, some parasites such as encysted small redworm and tapeworm need to be treated during the autumn and winter months.

Equine tapeworms which are wide and flat white worms, are between 1-1.5 inches long, and can affect horses of all ages. Some affected horses may not show any clinical signs, while others, especially those with significant burdens, can develop ill-thrift, enteritis & colic.

At this time, we have two diagnostic tests available for tapeworm. The more established test is a blood test, which can be facilitated by your veterinary surgeon. The more recently developed test is a saliva test (EquiSal Tapeworm Saliva Test), which can be performed by yourself. A tape wormer should be administered if results indicate tape worming is required.

Ultimately, we should all practice responsible worming, in order to prevent the development of resistance to the wormers available to us. Therefore, diagnostic testing should be performed to determine if administration of a wormer is required or not, prior to administration.

If choosing not to perform diagnostic testing for tapeworm, then a 'tape wormer' should be administered once yearly.

Praziquantel (at a single dose) or pyrantel (at a double dose) are the tape wormers available to us at this time. Most wormers for tapeworm are combination products and also provide cover for roundworm +/- small encysted redworm. Equitape, a tapeworm specific wormer containing praziquantel only, has recently been withdrawn from the market. However, we are now able to obtain an alternate praziquantel-only product. For further information, please call us.

Another worm you will need to attack at this time of year is encysted small redworm. The larvae tend to 'hibernate' in the gut wall of the horse, over-wintering on as small cysts which then emerge in spring time. Treating in the Autumn will significantly reduce the number of larvae forming cysts and hence decrease potential disease and also reduce the shedding of eggs onto your pastures next spring.

Symptoms of redworm infection are weight loss, diarrhoea and colic. All horses older than six months old should be given a wormer which will treat encysted small redworm for autumn/winter time.

### **Clipping**

The colder months are approaching us which means horses will start growing their woolly coats. Most people who exercise their horses over the winter months tend to have their horses clipped to minimise sweating and ensure they dry quicker. Prior to clipping, make sure you have your clippers serviced to make sure they are in good working order. As we all know horses can be unpredictable and can easily kick whilst being clipped. Many horses therefore require sedation for clipping. This can be administered through an oral syringe (Sedalin or Domosdean Gel) which can be given by the owner, or alternatively sedation can be given by the vet via intravenous injection.

### **Exercising**

When exercising your horse during the colder months, warm your horse up and cool him down properly. Long hours in the stable may make your horse stiff and the colder weather means muscles take longer to get going properly.

### **Dental check up**

Have your horse's teeth checked to ensure they are healthy and that there are no underlying issues that may prevent them from chewing properly. As you know hay is a little tougher to chew than grass.



# Atypical Myopathy



During the Autumn months, vets see a significant rise in Atypical Myopathy.

Affecting horses in the UK and Northern Europe, this potentially fatal disease results in muscle damage and particularly affects the muscles that enable the horse to stand, the muscles that allow breathing and the heart muscle. Even with intensive veterinary treatment, severely affected horses often die. However, with prompt treatment cases can recover very quickly.

It is a common misconception that the disease always results in death. However, the chances of survival are 50:50 at best so it is vitally important that treatment is thorough and starts immediately. Horses often get worse for 24-48 hours before they start to improve so even if the signs are mild, transport to a hospital should be considered, whilst it is still possible. In order to protect the kidneys from damage large quantities of fluids have to be given and for this to be achieved effectively hospitalisation is required. Supplementary vitamins and minerals have been shown in one study to be helpful in the treatment of atypical myopathy. In particular carnitine, vitamin B1 and vitamin B2 might support the function of muscle cells. Vitamins C and E might be useful as anti-oxidants.

### **Signs of Atypical Myopathy**

- Muscle soreness
- Stiffness
- Muscle tremors
- Weakness
- Lethargy
- Fast or laboured breathing
- Reluctance to work
- Red or brown urine
- Choke
- Whinnying
- Head tossing or low head carriage
- Fast or irregular heart beat
- Sudden death

### **How to prevent your horse from getting Atypical Myopathy**

- Checking fields carefully for sycamore leaves and seeds
- Fencing off areas where sycamore seeds and leaves have fallen
- Hoover-up/pick up sycamore seeds off the pasture
- Turning horses out horses for shorter periods
- Provide extra forage (hay or haylage) especially where pasture is poor or grazing is tight
- Reducing stocking density so there is plenty of good grazing for every horse



# Kings Bounty Equine Practice

## Winter Lecture Series Coming Soon!

Watch this space for dates on the up and coming client lecture evenings we will be hosting from January 2020.

Talks will feature guest speakers and include topics such as:

- 'Equine Ophthalmology' - discussing everything you need to know about horses eyes and what to look out for/ when to call the vet
- 'Equine Dentistry and Nutrition'

plus many more...

Look out for further details on our website and facebook page or chat to the vets to find out more.



## Staff Spotlight - Sara Vaux MRCVS



**When did you qualify as a vet?**  
I qualified from the Royal Veterinary College in 2013

**Any other qualifications?**  
I am currently half way through my Certificate of Advanced Veterinary Practice, studying Lameness Diagnostics and Therapeutics.

### Veterinary Interests?

I am really interested in all aspects of sports horse medicine, particularly lameness, poor performance investigations and diagnostic imaging.

### Best aspect of KB?

Being part of a small, friendly, hard working team - they are like a second family!



### Any pets?

My little Spanish rescue dog called Jordan!



**Favourite Food?**  
Anything spicy - especially Thai!

### Career highlight?

Seeing my first complex lameness case out competing successfully and win it's first class!

### Hobbies?

Exploring on my road bike with my husband. I also have a passion for baking and singing, plus Scuba Diving if I am lucky enough to get the chance when on holiday.

### 3 most favourite things?

My dog Jordan (he gives the best cuddles!), spending time with family and friends and exploring the world/ visiting new places.