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Veterinary Surgeons:

| | |
|-----------------|----------------------------|
| Matt Hanks | BVSc MRCVS |
| Malcolm Corsar | BVM&S CertAVP(EP) MRCVS |
| Holly Marshall | BVM&S CertAVP(EM) MRCVS |
| Santiago Alonso | DVM MRCVS |

Front Office Staff

Practice Manager - Gemma Williamson
Receptionist - Cheryl Gladstone

Opening Hours

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

Email: info@centralequinevets.co.uk
Website: www.centrelequinevets.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 2021. 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

2020 NEWSLETTER NEWS

Welcome to the 2020 edition of the Central Equine Vets Newsletter. We've had a very unusual yet busy year & we're excited to share what 2021 has in store for you, your horses, ponies and donkeys.

- Central Equine Vets has expanded once again welcoming Dr Santiago Alonso Sousa to the practice as a full time member of the team. Santiago graduated from CEU (Cardenal Herrera University) in Spain in 2015. After graduation, he completed an internship in a private practice in Ontario, Canada. He obtained further clinical training as a surgical intern at Hagyard Equine Medical Institute in Lexington, USA. After which he moved to the United Arab Emirates to undertake a clinical residency (American Board of Veterinary Practitioners in equine practice) at Sharjah Equine Hospital. In 2020, after completing his residency, he moved to the United Kingdom and joined Central Equine Vets.



Dr Santiago Alonso Sousa DVM MRCVS



Dr Eugenio Cillán García EBVS® European Specialist in Equine Surgery

LV MSc FHEA DipECVS MRCVS

We also welcome Dr Eugenio Cillán García, EBVS® European Specialist in Equine Surgery, LV MSc FHEA DipECVS MRCVS. Eugenio has a wealth of experience treating competition horses and he currently provides veterinary care at several UK race courses. He is a recognised European Specialist in Equine Surgery and has lectured both nationally and internationally.

- Central Equine Vets is switching to paperless billing as we work towards reducing our environmental impact. If you would like to receive your bill via email, please contact us to let us know so that we can update your client record.
- There's no getting away from the biggest news of 2020 and that is of course the devastating Covid-19 outbreak. Central Equine Vets managed to continue to provide a proactive service to our clients whilst following the challenging guidelines we were presented with. We want to say thank you to all our clients for your patience with this, it has been and continues to be a tough time for everyone.

CENTRAL EQUINE VETS BRAND AMBASSADORS FOR 2021

2020 has been quiet for us all with competition venues closing, shows cancelled and the equestrian world coming to a halt. Our brand ambassadors have been keeping us up to date with their training, new skills learnt and giving online competitions a go! Please have a look on our facebook page (@centralequinevets) for their monthly round-ups!

With a quiet 2020 we are welcoming all our current Brand Ambassadors back for 2021 and we look forward to working with them once again next year. We hear they all have big plans for the year ahead!



Shannen Main



Hannah Bryant



Gemma Sellar



Evelyn Orr

CENTRAL EQUINE VETS HEALTH PLANS—NEW AND IMPROVED FOR 2020 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.

ESSENTIAL PLAN
£9.50 per month

COMPETITION-DENTAL
£17.50 per month

COMPETITION-VACCINE
£17.50 per month

VETERAN PLAN
£24.50 per month

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.

Starting from just £9.50 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 OPEN EVENING PRESENTATION

With guest speakers

David Rendle

BVSc, MVM, CertEM(IntMed), DipECEIM, MRCV
&

Professor Jo-Anne Murray
Equine Nutrition Specialist



Virtual ZOOM presentation from
the comfort of your home!

Register for the presentation by email and
the zoom link will be sent on the day.

Thursday 3rd December 2020
7.30pm

CUSHINGS DISEASE (PPID) & EQUINE METABOLIC SYNDROME

Come along to our virtual open evening & learn about
essential topics such as:

*SIGNS *SYMPTOMS *INVESTIGATION *DIAGNOSIS
*TREATMENT *MANAGEMENT *FEEDING GUIDANCE

Central Equine Veterinary Services Ltd

109/3A Swanston Road, Edinburgh, EH10 7DS

0131 664 5606 - info@centralequinevets.co.uk - www.centrelequinevets.co.uk

CENTRAL EQUINE VETS ONLINE DRESSAGE COMPETITION



Get involved and have a
go, open to clients, non
clients, dressage divas or
first timers!

GOOD LUCK!!

Central Equine Vets are shortly launching an online dressage competition supported by South East Scotland Dressage Group allowing you to have a go at a dressage test from the comfort of your yard!

During competition closure it is important that we all have things to focus on and work towards to keep our horses fit and healthy and our minds in good working order.

Virtual dressage involves completing the dressage test at home, you can wear smart/casual dress and having someone film you complete your test.

Keep your eyes open for further details of this event which will be taking place over a 1 month period with lovely rosettes and prizes to be won!

IS YOUR HORSE, PONY OR DONKEY MICROCHIPPED?



With effect from 28 March 2021, it will be mandatory for ALL horses NOT CURRENTLY identified by means of a microchip to be identified by the insertion of a microchip as well as a passport.

Central Equine Vets are able to passport and microchip your equines - call the Practice for further information or to make an appointment: 0131 664 5606

WHAT'S NEW IN THE CENTRAL EQUINE VETS PRACTICE

Gift Vouchers

Why not treat friends and family with a Central Equine Vets gift voucher. All you have to do is:

- The person gifting the voucher **rings the practice** on 0131 664 5606.
- They **give the name** of the client they are gifting to.
- They **pay over the phone** the amount they would like to gift.
- We post out the voucher to you in the post!



Petplan Awards

The 2021 Petplan UK Veterinary Awards are open!

With 5 nomination categories, this is your chance to ensure your veterinary practice & staff are recognised & rewarded for all their incredible hard work & dedication, especially during this challenging year.



You can nominate for the following:

- Practice of the Year
- Vet of the Year
- Vet Nurse of the Year
- Practice Manager of the Year
- Practice Support Staff of the Year

www.petplan.co.uk/about-petplan/vets/awards

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!!





WINTER AILMENTS

Winter is just around the corner—you don't need us to tell you that it will be here again all too soon! There are certain conditions that we see more often in the winter months, so here's what to look out for as the colder months return.

INTESTINAL PARASITES

Vets will wax lyrical about the benefits of faecal worm egg count testing horses. The main parasite that we are trying to control are a group of worms called Cyathastomes. These parasites have a complicated life cycle that involves burrowing into the lining of your horse's intestines and becoming encysted. They can sit there for years and can emerge en masse to cause serious problems.

While faecal worm egg count testing can tell you which horses have the greatest burden of intestinal parasites, the worms that have already burrowed into the lining of the gut do not produce eggs becoming encysted and therefore, cannot be counted during an egg count.

To avoid a horse having a large burden of encysted worms, we make sure that at least once per year, after the first heavy frost, we use a wormer that is able to remove these parasites. This is a very important step in the parasite programme of your horse. We would give this wormer regardless of the number eggs seen on a faecal egg count.



DENTISTRY

Everyone knows the importance of good dentistry in your horse, but during winter, teeth are used to eat stored forage in the form of hay or haylage, rather than soft grass.

Eating hay or haylage can exacerbate conditions such as diastema, a gap between teeth in which impacted food can cause pain, and very worn teeth. Horses with dental issues should have a check-up to make sure that everything is as good as they can be.



Diastema may be treated by cleaning, packing with dental impression material and widening or a combination of all these treatments.

Diet can also be altered to reduce gum inflammation and damage.

MUD FEVER

With wetter weather comes mud. With mud comes mud fever. Mud fever is actually a bacterial disease that thrives in wet conditions and can cause disease almost anywhere on the body. If lesions are on the body we call it 'rainscald' but on the legs we call it 'mud fever'.

The bacteria gain entry to the skin as the skin becomes damaged with constant moisture. The scabs that we see are due more to the horse's reaction to the bacteria.



Treatment involves washing with Chlorahexidine (Hibiscrub) and removing the scabs, rinsing the area well and keeping the area dry. Antibacterial creams can be applied but the best treatment is removing the horse from the wet/muddy environment. If this is not possible then the condition can be very hard to treat.

MITES AND LICE

With longer hair growing during the winter, external parasites can become problematic.

Native horses with feathers on their legs are commonly affected by Chorioptic mange (feather mites).

This will manifest itself by your horse scratching and biting at their pasterns and fetlocks. Mites cannot be seen with the naked eye, but you can see signs of their presence with horses developing scabbing at the pasterns and behind the front knees. Mites only really affect the legs of horses (sometimes the face).

There are no licensed treatments for mites in the horse, so we select products designed either for cats and dogs or cattle to treat this irritating condition. Clipping the lower limbs can often help because this removes the environment preferred by the mite.

Lice are a very different parasite to mites. They affect the body (occasionally the legs) of a horse. Horses can become very itchy with lice and can be seen rubbing and scraping their flanks with their teeth. Unlike mites, lice can be seen with the naked eye, so it is quite easy to make a diagnosis. Treatment is usually straightforward using an antilice treatment. Most find the diluted liquid treatments to work the best.



Magnified feather mite



WINTER WEIGHT LOSS

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 diet formulated for your horse, Central Equine Vets offers a full nutritional service by a leading equine nutritionist.

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