

What's in this newsletter:

1. News
2. Brand Ambassador update
3. Upcoming presentation evening
4. Eq-Weigh Management
5. What's going on at CEV
6. Laminitis
7. Colic

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 - 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!

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 2023. 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

2023 SUMMER NEWSLETTER

NEWS

Welcome to the 2023 Summer edition of the Central Equine Vets Newsletter. Can you believe it's June already?! We're excited to share what 2023 has in store for you, your horses, ponies and donkeys.

Did you know Central Equine Vets
Edinburgh HQ is a drop off point for
Kleen Kuddies Rug Wash.

You can drop off and collect your rugs from the
practice making for a swift and easy service.



07958010830



kleenkuddies@gmail.com



@kleenkuddies



Central Equine Vets recently sponsored a class at The
Royal Highland Show 2023, Horse of the Year Show
Working Hunter Qualifier.

Well done to Rachel Butler with Ernie Big in their
success!



BRAND AMBASSADORS UPDATE

Many of you will have seen our top team of Brand Ambassadors out and about flying the Central Equine Vets flag and with Summer in full swing, I'm sure we will enjoy following their adventures.

This month we received Zoe's last
update as a brand ambassador as she
is extremely excited to be starting her
dream job with an equine internship
at Glasgow Vet School this summer.
We wish Zoe all the best in her new
career!

Zoe Daobry



Imogen at Royal Windsor

Imogen has been representing
Scotland at the Royal Windsor
Horse Show in the Home
International Pony Club dressage
team championships smashing
out a fantastic test on the day!
Imogen also celebrated a recent
birthday whilst at the event!

Imogen Casely

Gemma has been doing dressage, dressage
and more dressage gaining her qualifications
for Petplan and Scottish Championships!
Gemma also has some very exciting news to
share....

She is now a List 5 British Dressage Judge!!!

Gemma Sellar



New recruit—Laura Hooker

We welcome Laura to the Central
Equine Vets brand ambassador
team and look forward to finding
out more about her gang and
equestrian life!

Laura Hooker

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 COMPETITION-DENTAL COMPETITION-VACCINE VETERAN PLAN

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.



PRESENTATION EVENING

'INVESTIGATING POOR PERFORMANCE

& IMPROVING FITNESS'

Join practice partner &
veterinary surgeon
Malcolm Corsar
BVM&S Cert. AVP (EP)
&
guest speaker



Richard Johnston-Smith BHSII,
BHS Accredited Performance Coach & Director of Horsescotland

EDINBURGH

THURSDAY 27th JULY 2023 @ 6.30pm
The Steading,
118-120 Biggar Road, Edinburgh,
EH10 7DU

WEST LOTHIAN

THURSDAY 3rd AUGUST 2023 @ 6.30pm
Bridgehouse Village Hall,
Bridgehouse by Westfield,
West Lothian, EH48 3DN

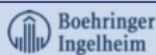
Come along to our open evening & learn about essential topics such as:

Getting horses & ponies fit for local & high level competition

Common performance-limiting conditions in the horse

Fitness programmes for your horses & ponies

Tea and coffee available with prizes to be won!



Central Equine Veterinary Services Ltd

Head office: 109/3A Swanston Road, Edinburgh, EH10 7DS

Tel: 0131 664 5606 Email: info@centralequinevets.co.uk www.centralequinevets.co.uk

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 through the Summer 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 provides you with veterinary guidance and recommendations and includes:

- 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
- Information fact files



WHAT'S GOING ON IN THE CENTRAL EQUINE VETS PRACTICE



We recently hosted a stand at Stirling Show whilst also sponsoring the Light Horse Section. There was a fantastic turnout with the sun shining and it was lovely to catch up with many of you on the day!



Our recent 'All About Arthritis' presentation evenings were well supported with many of you taking advantage of TopSpec being present on the evenings.



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!!





LAMINITIS - PREVENTION IS BETTER THAN A CURE

Laminitis is an extremely painful condition affecting the feet of horses. The term laminitis refers to inflammation of the laminae. When inflamed, the laminae become painful and swollen and their ability to suspend the pedal bone within the hoof capsule becomes compromised which can result in sinking and rotation of the pedal bone. In severe cases the pedal bone may end up prolapsing through the sole of the foot.

WHAT CAN CAUSE LAMINITIS

- Endocrine (hormonal) conditions (Cushings disease and Equine Metabolic Syndrome)
- Massive carbohydrate overload
- Toxic insults (eg. Post colic surgery, colitis, retained placenta)
- Support limb laminitis



SYMPTOMS OF LAMINITIS

- Most commonly in the front feet however can be all 4, any individual or rarely the hind feet.
- Signs of pain, reluctance to move, facial tension, lack of interest in surroundings.
- Excessive heat in the feet.
- Strong digital pulse.
- Pain relieving stance e.g. leaning back on heels.
- Alternative lifting of the feet when resting (weight-shifting).
- A 'pottery' walk with the heel set down before the toe.
- Lameness exaggerated by turning on a hard surface.
- **There are also many more symptoms so always call a vet if any of the above are displayed or you're concerned.**



TREATMENT OF LAMINITIS

Generally, treatment of acute laminitis relies on box rest, anti-inflammatory and pain relieving drugs and adequate support of the feet. e.g frog supports or deep bedding.

X-ray are always recommended as part of the laminitis investigation.

Once the acute (sore) phase has passed, the vet will aim investigation to try and identify the underlying cause of the laminitis.



PREVENTION OF LAMINITIS

Prevention is most definitely better than a cure!

The most important factors are ensuring your horse is the correct weight, providing a suitable diet and maintaining adequate exercise.



ARE YOU LAMINITIS READY—BEAT LAMINITIS THIS YEAR!

With the warmer weather here and many horses susceptible to laminitis, why not arrange for an **Eq-Weigh Management** appointment for your horse, pony or donkey?

We can condition score, provide a nutrition and fitness plan specifically for your horse, pony or donkey and can give you all the tools including a weigh tape, weighing scales and a monitoring pack to help you beat laminitis!

START EARLY, KEEP THEM TRIM, STOP LAMINITIS!





COLIC

Colic is a condition that relates to pain in the abdomen (belly) and is something that most, if not all, horse owners have to contend with at some point. The word colic is derived from the word 'colon' which is a part of the intestines that all mammals have.

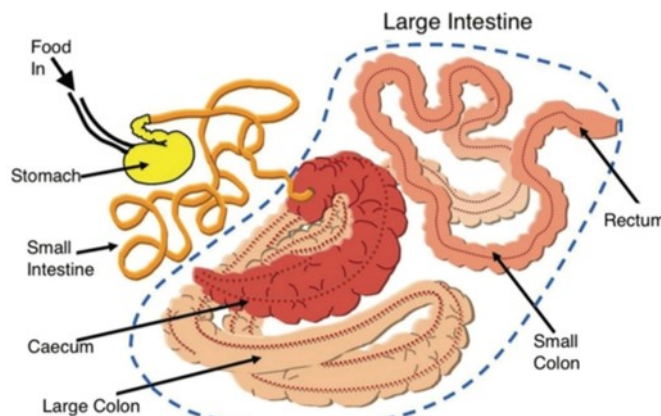
THE ANATOMY

Let's start by having a quick run down of the digestive tract of a horse.

The order is:

Mouth—Oesophagus— Stomach—Small intestine—
Caecum—Large colon—Small colon—Rectum.

The horse's intestines are huge and can easily weigh 200-250kg. The biggest part is the large colon as this is where the horse ferments ingesta. Bacteria break down the grass and hay and produce nutrients and gas. It is this gas production that can be a problem in many colics.



WHY DO HORSES GET COLIC?

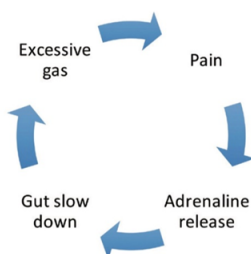
No one can ever fully answer this question but it often boils down to gastro-intestinal disturbance from management changes. For instance, problems can arise if gas production is excessive, such as when the grass suddenly grows or you change your horse's diet suddenly.

THE EXAMINATION

Ultimately, the vet needs to establish, does this horse have a 'medical' or 'surgical' colic?

The parameters a vet would use to determine the seriousness of the colic are:

- ⇒ Heart rate – as pain increases, adrenaline is released. This not only slows the gut but increases the heart rate.
- ⇒ Mucus membrane colour and refill time – the vet will look at your horse's gums and press them to blanch them to see how quickly the blood flows back into the area again. The colour is also important. A horse that has devitalised bowel (a piece that is dying due to losing its blood supply) will often show dark red or purple mucus membranes.
- ⇒ Rectal temperature – can increase a little with stress/pain but a big increase suggests the horse has a 'whole body' illness, and colic may only be the tip of the iceberg.
- ⇒ Gut sounds – the vet will listen to the abdomen in four general areas. Upper flank and lower flank all relate to a different piece or area of intestine. The presence of gut noise is often a good thing but a horse with little to no gut noise is a concern.
- ⇒ Rectal exam – probably the most important diagnostic tool when dealing with a horse with colic, but there are limitations. The vet will palpate via the rectum for any abnormalities. A limitation of the exam is that only a small portion of the abdomen can be palpated. The problem with the rectal exam is that the horse is so large and a vet's arm is so short. There is a lot of abdomen that cannot be examined per rectum.
- ⇒ Pass a stomach tube – As horses cannot vomit, a tube is passed into the stomach to see if there is a build-up of fluid that cannot pass. This suggests a blockage or twist. If the vet discovers a large colon impaction, fluids are given through the tube to help clear the impaction. So passing the tube is both diagnostic and therapeutic.



AVOIDING AND MANAGING COLIC:

- **Change diet slowly over a 7-10 day period.**
- **Keep up with your horse's worming – 80% of spasmodic colic is caused by tapeworms.**
- **If your horse has colic take away ALL food and call vet immediately for advice.**
- **Walk your horse with colic but not to the point of exhaustion.**
- **A horse with colic can lie down as long as there is no rolling.**

If you have any questions about colic, call Central Equine Vets on 0131 664 5606