

XLVETS EQUINE - BETTER TOGETHER

# Equine

## MATTERS

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Inside this issue:

### MEASURING YOUR HORSE OR PONY

We provide advice on the correct procedure when measuring the height of your horse.

### SPECIAL FEATURE:

## Care of the older horse

Featuring dentistry, management and nutritional advice







# Release their inner **youth!**

We can't turn back the hands of time, but by providing special care and nutrition you can help make your horse's golden years happier and more productive.

For further information and advice about caring for the older horse and to find out more about our Autumn campaign, please contact your local XLVets Equine practice.

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**XL**equine  
Excellence in Practice



## AUTUMN EDITION

**XLVets** is a novel and exciting initiative conceived from within the veterinary profession. We are all independently owned, progressive veterinary practices located throughout the United Kingdom committed to working together for the benefit of our clients.

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## THE EDITOR

# Welcome to the 'Autumn 2013' edition of Equine Matters...

...produced by XLVets Equine practices.

Autumn 2013 marks the start of the XLVets Equine Old Friends campaign. In this issue we focus on the problems of the older horse and our approach to better care of our Old Friends. We look at dentistry, management, and nutrition and give you the facts to help make the difficult decision of 'When to say goodbye'. As usual there are some real life case studies on older horses with dental problems and we seek the views of our members on the subject of measuring ponies. There are lots of exciting Old Friends events and promotions happening in XLVets Equine practices across the country so make sure you get involved with your local practice. A recent study showed that many older horses have health problems so let us help you to 'Release their inner youth'.

**Liz Mitchell** MA VetMB CertEP MRCVS  
 Scott Mitchell Associates



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## AUTUMN FEATURE

# 07

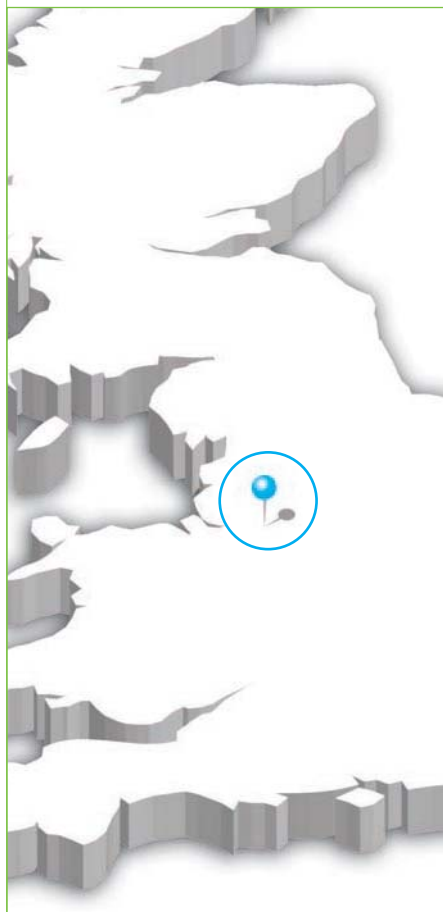
### Dental care of the older horse:

Karl Holliman, Cliffe Veterinary Group explains why dentistry is an important part of the health care of the older horse.





**ASHBROOK  
EQUINE  
HOSPITAL**



Veterinary surgeon **Vicky Rowlands**

XLVets Equine practice **Ashbrook Equine  
Hospital**



Vicky Rowlands BVM&S CertEP MRCVS Ashbrook Equine Hospital

# Winter checklist

## Preparing the older horse or pony for winter

As winter approaches, it is important to consider the health of your older horses and ponies so they start next spring in optimum condition. Adverse weather, sparse grazing and limited turnout can all put significant demands on the veteran.

### ✓ Vaccines

Although we recommend all equines are vaccinated, do remember geriatric horses and ponies may have a compromised immune system due to age or other systemic disease so vaccination is especially important. As a minimum, we recommend vaccination for tetanus. This disease is often fatal yet is easily prevented. Vaccination is only required every two years once the primary course is completed.

Sporadic outbreaks of influenza continue to occur throughout the UK. Although this viral infection is not usually fatal, veterans will be more severely affected so vaccination is usually still advisable. Depending on the yard situation, vaccinations for strangles and equine herpes virus can also be useful - it is often best to discuss this with your own veterinary practice who will know local risk factors.



It is recommended that all horses and ponies are vaccinated for influenza and tetanus



## ✓ Foot care

Regular foot care from a qualified farrier is vital but you should take the time to discuss any special requirements for your horse or pony before winter. Some veterans find the hard, frosty ground painful to walk on and even if they have coped all summer unshod, may benefit from some front shoes to reduce solar bruising during winter. If your horse or pony has had laminitis previously, it is important to remember that laminitis is not exclusively a spring and summer disease so the feet should be monitored carefully all year round.

We also see more cases of thrush during winter as stabled time increases. Regularly picking out the feet should help prevent this. If a mild case develops, it can usually be treated by scrubbing out the feet, especially the frog clefts, with dilute povidone-iodine. More severe cases or those which become lame require veterinary and farriery interventions.



## ✓ Worming

Older horses are more susceptible to worm infestation so it is important to pay close attention to their worm control. Many owners are now using strategic worm control; i.e. only worming horses with a positive faecal worm egg count (FWEC). This cost effective approach is recommended as it reduces the development of drug resistant worms. It must be remembered that FWECs do not identify tapeworm or encysted small redworm (cyathostomes) so a winter worming dose with a suitable product is still recommended. Your XLVets Equine practice will help you choose which product to use.

## ✓ Arthritis

Many veterans have mild arthritis which is often seen as a stiff gait, especially after time in the stable. Horses often cope well throughout the summer with maximal time turned out and free exercise, but may suddenly become very stiff when they are stabled more. After assessment by your veterinary surgeon, you can discuss management strategies and/or low dose non-steroidal anti-inflammatory drugs (NSAIDs) such as 'bute'. We try to maintain the horse or pony's comfort and mobility using the lowest dose possible which reduces the risk of side effects and allows us to increase the dose as necessary. Although we are always aware of drug side effects, we routinely use these drugs long term with very few problems. If these

drugs are given, it must be remembered that Section IX of the passport should be signed, declaring the animal will not enter the human food chain.



The use of in feed anti-inflammatories can help maintain comfort and mobility

## ✓ Blood tests

A routine blood sample can identify mild or early problems like liver disease or simply provide reassurance about your horse's health. Although it is rare to see problems with long term NSAID usage, blood samples can be used to monitor the horse's health during treatment. If problems are detected, early treatment, management or dietary changes can usually be implemented.

Blood samples for Cushing's disease (PPID) can also be useful. As well as a hairy, curly coat, Cushing's symptoms include abnormal fat distribution, excessive sweating, drinking and urination, recurrent bouts of laminitis, reduced immunity and even lethargy. Identification and treatment of Cushing's can reduce the occurrence of many problems, especially laminitis and dental problems.



## ✓ General management

As horses and ponies age, their nutritional demands may increase. Before winter starts, it is worth assessing the availability and quality of grazing, hay or haylage and possibly having your forage analysed. Feed companies offer advice regarding geriatric nutrition but it is worth remembering that the current recommendation is less reliance on cereal based products and more on fibre and fat based diets. It is also important to remember their digestive systems are adapted to 'trickle feeding' and also to consider concurrent dental disease or other individual requirements. Rugging and shelter from the elements must also be considered, especially if the horse or pony benefits from year round turnout.



Providing supplementary forage and shelter or rugging will be necessary for most geriatrics

## Summary

Preparing your geriatric horse or pony for winter helps identify problems and therefore steps can be taken to keep your geriatric as healthy as possible. XLVets Equine practices are offering geriatric health checks as part of the 'Old Friends' campaign so do ask your veterinary surgeon for more information.

# Cushing's disease (PPID)

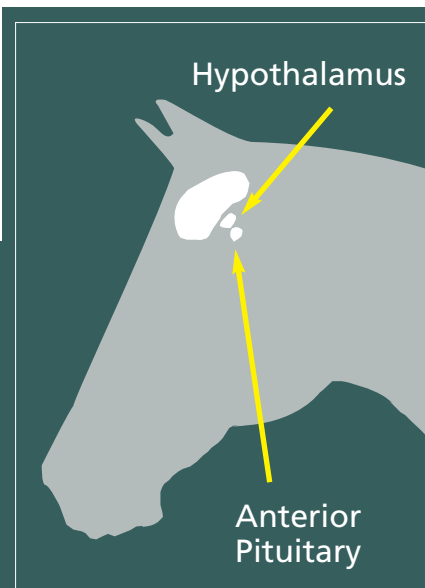
Cushing's disease (also known as Pituitary Pars Intermedia Dysfunction [PPID]) is the most common hormonal disease of older horses/ponies, and up to 20% of animals over 15 years of age may have the disease<sup>1</sup>. Younger horses and ponies may also develop Cushing's as the disease is gradual in onset, and recent data has demonstrated that Cushing's may be responsible for laminitis in a significant proportion of 10-15 year old animals<sup>2</sup>.

## What causes Cushing's disease (PPID)?

The hypothalamus and pituitary gland, which sit deep inside the skull at the base of the equine brain, control the production of many hormones responsible for normal body functions - hormones are the body's chemical messengers. In some horses and ponies, nerves (neurons) in the hypothalamus undergo degeneration and produce insufficient quantities of a neurotransmitter substance called dopamine.

Dopamine acts as an 'off' switch for the pituitary gland. When the Pars Intermedia

of the pituitary gland is not exposed to enough dopamine, the ultimate outcome is the production of abnormally high levels of hormones such as cortisol and ACTH. We think that too much of these and other similar hormones in the bloodstream lead to the symptoms associated with the disease. The Pars Intermedia itself also becomes progressively larger as it works hard to produce an increased amount of hormones. Equine Cushing's disease is more correctly termed Equine Pituitary Pars Intermedia Dysfunction or 'PPID'.



The pituitary glands sits at the base of the brain and controls the production of hormones

## Clinical signs

Horses suffering from PPID can show a range of clinical signs as the hormones that are overproduced can affect several areas of the body. Horses may show all, some or only one of the symptoms if they are affected, but as the disease is gradual in onset they may develop more symptoms as they get older<sup>2</sup>.

Laminitis could be considered the most important symptom of PPID as it is such a distressing, painful condition that can end athletic function or even result in euthanasia. Recent evidence shows that laminitis is often the first clinical sign to develop in younger horses<sup>2</sup>.



Laminitis could be considered one of the most important symptoms of PPID

In addition to laminitis, another clinical sign that is well recognised is the development of an abnormal hair coat - ranging from mild changes in coat shedding right through to a full, long, curly, overgrown coat (also known as hirsutism). As this happens gradually, owners sometimes don't notice that their horse or pony's haircoat is changing and the normal shedding pattern is altered.



Hirsutism (a thick curly coat) is the classic sign of PPID (Cushing's) but signs are often more subtle

As well as laminitis and hirsutism, other PPID indicators include:

- loss of muscle condition, and/or a pot bellied appearance
- fat re-distribution such as fat pads over the eyes



- excessive or patchy sweating
- lethargy and poor performance
- increased drinking and urination
- recurring infections that are hard to treat (e.g. sinusitis or skin infections).



## Diagnosis

In some cases, vets may make a diagnosis of PPID based simply on a clinical examination and an appreciation of the medical history of the horse or pony.

In many cases however, your vet will want to take one or more blood samples from your horse to measure blood levels of specific hormones. The results of these tests can then be compared to 'normal' ranges, to confirm the presence or absence of disease.

The most commonly used diagnostic test is the ACTH test - where a single blood sample is taken to measure the level of the hormone which is abnormally high in untreated PPID cases when compared to a seasonally adjusted reference range. Contact your vet for further information.



PPID (Cushing's) can usually be diagnosed using a simple blood test

## Treatment of PPID

Although there is no 'cure' for PPID as the root cause is the degeneration of nerves in the brain, it is possible to mimic the hormone Dopamine which can slow down ACTH production in the pituitary gland and reduce the symptoms of the disease.

The first licensed medicine for the treatment of clinical signs associated with PPID in horses does just this. It is a prescription only medicine and can be prescribed by a veterinary surgeon once they have made a diagnosis of PPID. Treatment is normally given once daily, and can be mixed with a small volume of food to ease administration, or alternatively can be dissolved in a small volume of water and administered directly into the mouth. It can take up to 12 weeks to see the full benefit of treatment and the animal should be monitored to make sure that the dosage is correct. The patient will usually remain on treatment for the rest of its life as the condition cannot be reversed.



## Caring for a horse or pony with PPID

As mentioned opposite, the symptoms of PPID can be controlled with medication. Along with careful management, it is possible for these affected horses and ponies to lead a comfortable and active life. The treatment of laminitis requires a team effort: working with your veterinary surgeon and farrier to maintain comfort, minimise further damage to the feet and treat any underlying medical causes. It is also recommended to seek nutritional

advice from your vet or a registered nutritionist to make sure your horses diet is appropriate for a laminitic with PPID as they are often underweight or lacking muscle but shouldn't be fed high levels of concentrates which could trigger a bout of laminitis. Horses and ponies with PPID are also more susceptible to chronic infections so make sure that their worming, dental care and vaccinations are up to date - speak to your vet for more details.

## This Autumn

It has been recognised that the Autumn is often but not always the time of year when a horse or pony will first start to develop noticeable signs of PPID. This may be in the form of a bout of laminitis, a haircoat change, a change in body shape and lack of energy or the presence of recurrent infections. This is because horses experience a slight surge of the pituitary hormone ACTH at this time of year, but in horses with PPID this is exaggerated. This also makes the autumn a good time to test for the disease (with the ACTH test) as the difference between normal and

affected animals is widened and the test is more accurate<sup>3</sup>.

Talk to your XLVets Equine veterinary surgeon about testing as the laboratory fees for the ACTH test are FREE through the Talk About Laminitis scheme until the end of November.

Visit...

[www.talkaboutlaminitis.co.uk](http://www.talkaboutlaminitis.co.uk)  
to download a voucher to use at your XLVets Equine veterinary practice.

### References:

<sup>1</sup> McGowan TW et al (2013). Prevalence, risk factors and clinical signs predictive for equine pituitary pars intermedia dysfunction in aged horses. *Equine Vet J.* 45(1):74-9.

<sup>2</sup> Talk About Laminitis data 2012-2013.

<sup>3</sup> McGowan TW et al. (2013a). Evaluation of basal plasma [alpha]-melanocyte-stimulating hormone and adrenocorticotrophic hormone concentrations for the diagnosis of pituitary pars intermedia dysfunction from a population of aged horses. *Equine Vet J.* 45(1):66-73.

CLIFFE  
EQUINE

Karl Holliman BVM&amp;S CertEP BAEDT MRCVS, Cliffe Veterinary Group

# Dental care of the older horse

Dentistry is an essential and important part of the health care of your horse. This is especially true for the veteran equine. Your horse's teeth should be examined at least once a year. In some individuals, particularly for those with dental abnormalities, dental work may be required more frequently.

As qualified veterinary surgeons we are able to provide sedation, pain relief and local anaesthesia as required during dental work, which can allow a more thorough examination and treatment, as well as less pain and stress to your horse. This can also be safer for the horse, veterinary surgeon and the handler.

## Why do old horses have specific dental problems?

During the course of evolution, horses' teeth have adapted to chew grass and fibre, but in doing so the teeth wear down at a rate of two to three mm per year. This wear is balanced by eruption at an equal rate, until the horse reaches its mid to late twenties, when all of the reserve crown will have erupted. With improving management and veterinary health care our equine friends are now living longer. It is now not unusual to find horses and ponies living into their mid thirties and beyond. This 'wearing' out of dental tissue presents us with a particular challenge to provide dental care and dietary management.

The grinding surface of the equine crown is a complicated arrangement of folds of enamel, dentine and cement. These structures vary in hardness and wear down at different

rates (enamel being the hardest); this ensures the surface of the tooth is a rough grinding surface. It is this rough surface that makes the equine tooth so efficient at chewing fibre and grass. With age the crown is lost as it wears out, leaving the root of the tooth in the mouth. The root of the tooth has no central folds of enamel, only a simple rim, the centre is mainly softer dentine and cement (Figure 1). This makes the root smooth centrally and therefore, much less efficient at grinding fibre.

Veterinary surgeon Karl Holliman

XLVets Equine practice Cliffe Veterinary Group



Figure 1. Worn cheek teeth with little enamel and poor grinding ability



Figure 2. Displaced back tooth with food packing in diastema



The molar and premolar (cheek) teeth are tightly packed together so the row of teeth act as a single grinding surface. Equine teeth are narrower at the root and as such, as the horse gets older and teeth erupt, gaps start developing between the teeth. These gaps (or diastema) allow food to become trapped between the teeth and can lead to very painful gum disease (periodontal disease) (Figure 2). Signs of which include bad breath (halitosis), quidding (dropping food), weight loss and pouching of food in the cheeks. Affected horses are also more likely to develop choke and impaction colic due to poor chewing of fibre.

As teeth wear down towards the root, they may become loose and displace into the soft tissues causing ulcers (Figure 3). They can become so loose that they may actually fall out. When a horse has diastema (gaps between the teeth), the periodontal disease can damage the ligament holding the teeth in place, and the loss of teeth may be accelerated. When examining older patients, it is common to identify movement in many or most of the teeth due to the limited root



Figure 3. Old teeth worn to roots with ulceration

anchoring the tooth in place. Many of these teeth do not require extraction and should only be removed after careful veterinary assessment.

If a tooth falls out there will be a gap in the gum and the tooth opposite this will have no tooth to grind against. Without the normal wear caused by grinding, this tooth will grow tall into the gap. After a few years this tooth may grow into the gum and cause damage.

These problems of wear and gum disease can also affect the incisor (front) teeth. Loss of or damage to these front incisors may affect the horse's ability to graze, especially on short grass. Although horses are able to manage without these incisors very well provided their cheek teeth are in reasonable condition and with correct dietary management.

Older horses can be affected by a disease of these incisors that may be related to chronic gum infection. The disease known as Equine Orthodontic Tooth Reabsorption and Hypercementosis (EOTRH) involves a destruction of the tooth enamel and reaction around their roots (Figures 4 and 5). The gum around the incisor teeth may be swollen with severe gingivitis and marked tartar formation. This is a painful disease and may require incisor tooth extraction or antibiotics.

## Approach and aims of dentistry in old horses

Dentistry in the geriatric equine requires a sympathetic approach and careful management. As a general rule a little work to specific areas is the best approach. Correction of overgrowths such as wavemouth or large hooks may not be appropriate as such reductions are likely to remove areas of teeth that are functioning in grinding fibre.

Work carried out should involve:

- reduction of any sharp enamel points that are likely to cause soft tissue injury/ulcers;
- examination of focal overgrowths and correction only if causing injury or affecting, or likely to affect, the horse's ability to eat;
- assessment of loose teeth and removal only if required;
- examination for the presence of diastema (dental mirror may be required) and appropriate treatment.



Figure 4. X-ray of EOTRH with destruction of tooth enamel



Figure 5. EOTRH with severe gum disease and loose teeth

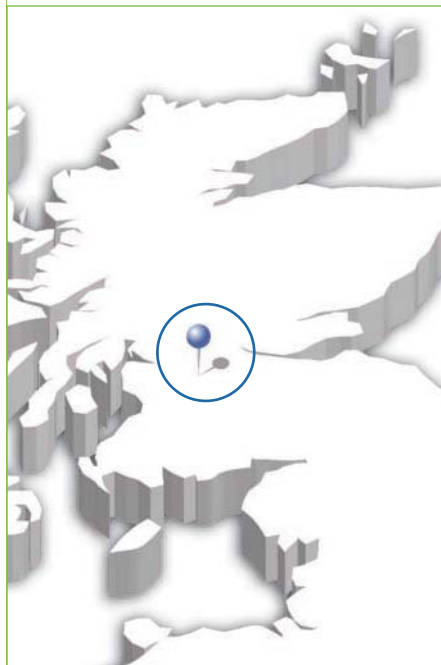
Although the amount of dental work required may be relatively minimal, it is essential the older horse or pony has regular and careful dental assessment. The intervals between dental care will depend on the dental health of each patient and you should discuss this with your vet.

## Dietary care

As horses and ponies get older and their teeth become worn down, their ability to chew and eat long fibre, such as hay, will reduce. Many older horses will not eat hay or long fibre at all, or if they do, may not chew it effectively.

This inability to chew long fibre will have a serious effect on older horses, especially over winter when there is no grass or grass of little nutritional value.

**Dietary care is essential for these older ponies and must be considered alongside routine dental care.**



Veterinary surgeon Louise Cornish

XLVets Equine practice Clyde Veterinary Group



Quidding (dropping hay during eating)

Louise Cornish BVMS CertEP MRCVS Clyde Veterinary Group

# Dental diastemata in a geriatric horse

## 'Mandy' 18 year old 16.3hh brood mare

Mandy has been with her owner for 12 years and has received annual routine dental care during this time. She has always maintained a good body condition but has lost weight over the last winter, now weighing 568kg (she had previously been over 600kg). She foaled six weeks ago. Her owner was also worried because she had noticed that Mandy was quidding some of her hay, so called her vet for advice.



Mandy had lost weight

A detailed examination of Mandy's mouth was completed after the administration of a sedative and pain relief by intravenous injection. This improved her relaxation, comfort and tolerance during the examination.

It was discovered that four diastemata (gaps between the molar teeth) were present in Mandy's mouth, two in the left lower jaw and one in the right upper jaw. One was towards the back of the mouth, making access difficult. Fibrous feed was trapped in the small gaps between the teeth, eroding into the gums, which bled when the food was removed with a dental pick. The gaps were flushed with a low-pressure pump-action washer. Sometimes this is all the treatment which is required, but in this case, the gum infection and recession was too severe and it was decided to widen the diastemata using a drill so that food was able to escape if it got forced into the gaps by the grinding action of the molars. The widened gaps were filled with dental putty, which provides a protective bandage over the gums, helping the inflammation to subside.

Antibiotics and painkillers were prescribed, and Mandy obligingly ate these when mixed into her normal feed with a little garlic powder added to cover any odour produced by the medicines. Her hay was soaked and all hard

feed dampened for a fortnight so that it was softer on her sore gums.

The vet examined her mouth again a week after treatment and replaced two of the putty 'bandages' which had come loose. Mandy had already begun to quid less hay.

Thankfully, the spring grass had finally arrived so Mandy could be turned out 24 hours a day, which was easier on her gums as grass is easier to chew than hay and is less likely to become entrapped between cheek teeth. Her condition improved and she weighed 579kg six weeks after treatment.

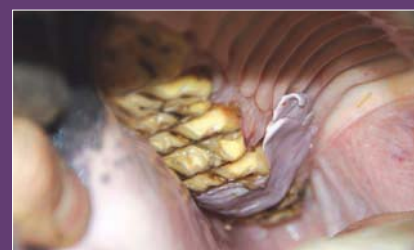
Mandy's owner was delighted with the change in her old friend and was pleased to know that she was no longer suffering with dental pain. She promised to book her in for an examination six months after the initial treatment for follow up examination and treatment before the winter. Mandy's owner was warned that this condition was likely to require long term management; but rest assured that her horse should be able to continue an active and happy life with regular treatment.



A gap (diastema) in the molar teeth with food packing

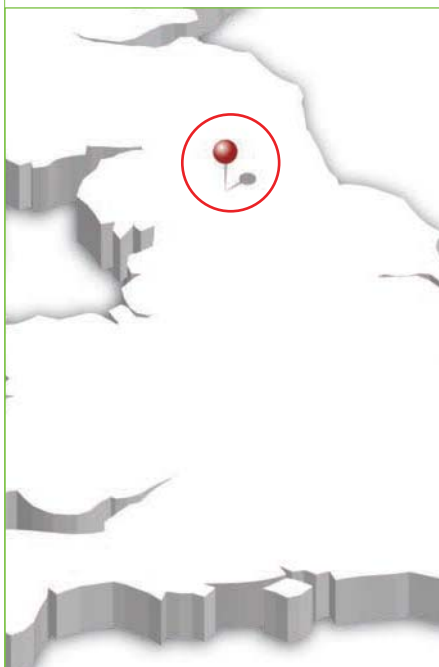


Diastema bur used for widening a diastema to prevent food impaction



Putty bandage to prevent further food impaction





Veterinary surgeon Kerrie Winstanley

XLVets Equine practice Castle Veterinary Surgeons



Sunny's incisors with food packing and painful gum disease

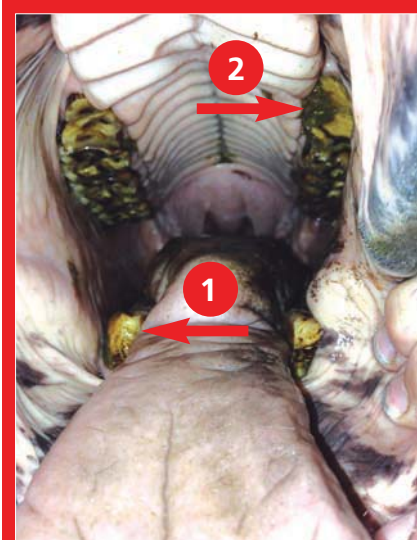
Kerrie Winstanley BVetMed MRCVS, Castle Veterinary Surgeons

## Geriatric dental case managed by dietary changes

**Sunny** is a 31 year old thoroughbred gelding with PPID (equine Cushing's syndrome), which is well managed with medication.



Sunny



Inside Sunny's mouth: 1 - overgrown tooth, 2 - overworn smooth tooth with food packing.

His owner was concerned that despite being fed large amounts of hard feed Sunny had suffered a gradual weight loss and was quidding (dropping feed). He was turned out during the day with ample good quality grazing and stabled overnight with adlib haylage, he also received a daily jam sandwich containing his medication. Sunny had previously received regular annual dental treatment by a non-accredited equine dental technician. His owner was not aware of any specific problems with his mouth.

A thorough clinical examination was completed, including blood and faeces testing. Sunny was found to be underweight with a body condition score of 2/5. Sunny's mouth was examined using a speculum (gag) and light source.

### The following long-term dental abnormalities were observed:

- missing teeth;
- step mouth (teeth become excessively long over time, due to the loss of the opposite teeth);
- molar teeth worn down, in places to below the gum line;
- sharp enamel points causing severe ulceration on both the cheeks and tongue;
- gaps between adjacent teeth (diastemata) with impacted trapped food causing painful gum disease.

These abnormalities would be causing pain and discomfort as well as compromising the ability of the molar teeth to grind forage.

A programme of treatment was recommended to correct Sunny's painful dental problems to restore as much function and comfort as possible. Owing to his age and the long standing nature of these problems restoring normal function and anatomy would not be possible so dietary changes were necessary to help Sunny eat and return to health.

The sharp enamel points were removed to allow the ulcers to heal. The impacted food was flushed from the gaps between the teeth and the severely overgrown teeth that were affecting function were reduced.

Sunny's diet was changed to replace long fibre sources e.g. haylage which would be difficult to chew and likely to impact in the gaps between his teeth. Soaked grass pellets and fibre cubes were fed in several meals throughout the day. Vegetable oil was added to his feed twice daily in increasing amounts. Sunny's overnight haylage was replaced with a short chopped hay replacer that he found easier to eat.

Within 24 hours of his dental treatments, Sunny's owner reported that he was quidding less and eating more comfortably. Sunny was re-examined six weeks after his initial presentation and his weight had already increased to give him an improved condition score of 3/5. Sunny has since maintained weight and continues to do well on his new diet.

# Practice Focus

In each issue of **Equine Matters** we feature a brief insight into a selection of the XLVets Equine practices.

## 608

### Rowington, Warwickshire

608 Equine and Farm Vets is a first opinion practice of eight ambulatory vets located in Rowington, Warwick, providing care for equine and farm animals across the West Midlands, Warwickshire, Worcestershire, parts of Leicestershire and Staffordshire.

The practice was born from the demerging of the 608 Vet Group to provide a more specialised large animal service.

We offer a range of services including vaccinations, pre-purchase examinations, dentistry, acupuncture, digital x-ray, studwork, artificial insemination, gastroscopy, ultrasound, endoscopy, shockwave therapy, lameness investigations and an in-house laboratory service. With our high quality mobile equipment we are able to carry out a range of services at our clients own yard.

Our aim is to provide a first class service where case continuity and 24 hour cover are the key.



### Swindon, Wiltshire

The Drove Veterinary Hospital has dedicated small animal, farm and equine teams serving Swindon and the surrounding area. We provide all aspects of first opinion and emergency healthcare, aided by mobile ultrasound, endoscopy and digital radiography facilities. Our in-house laboratory allows us to offer a same day results service for many tests.

The equine team, though small, prides itself on giving a friendly and efficient service with emphasis on client continuity. We look after

a mixture of hunters, competition and pleasure horses and ponies from Shires to Shetlands with a few donkeys as well.

We are happy to perform castrations and other minor surgical procedures either under standing sedation or in-field anaesthesia. Client evenings and newsletters are part of our continuing client education programme.

Find out more about Drove Vets, visit [www.drovevets.co.uk](http://www.drovevets.co.uk) or find us on Facebook.

### D S McGregor



### Thurso and Wick, Caithness

D.S. McGregor and Partners is an eleven vet mixed practice covering Caithness and North Sutherland in Scotland, working from centres in Thurso and Wick.

We offer a range of first opinion services to our equine clients, consisting mainly of pleasure horses and ponies. This includes routine work such as vaccination, dentistry, passports, microchips and colt castration, as well as providing 24 hour emergency care. Most of our work is ambulatory and carried out at clients' premises but we can use our mobile x-ray and ultrasound units at the practice buildings should this prove easier.

Several of our vets are enthusiastic horse owners and are familiar faces in the local equine community. We pride ourselves in providing a locally based, professional veterinary service that seeks to safeguard animal health and welfare within our community.

Visit our website at [www.dsmcg.co.uk](http://www.dsmcg.co.uk)







## Brampton, Cumbria

Capontree is a rural practice with 12 vets treating equine, farm and small animals. We cover a large area from Newcastleton in the Scottish Borders to Hexham, Northumberland. Our main sites are in Brampton and Longtown, with a branch practice in Haltwhistle.

Our aim is to provide care for horses in a friendly and welcoming environment, offering a complete first opinion service for routine investigation, treatment and surgery. Most of our work is out and about on our clients' yards and we work closely with referral centres for more serious cases.

We offer a wide range of services including vaccinations, dentistry, faecal worm egg counts, worming programmes, lameness investigation, digital x-ray, ultrasound, endoscopy, acupuncture and pre-purchase examinations.

We aim to provide high quality care at reasonable prices with case continuity where possible.

Find us on Facebook or visit our website [www.capontreevets.co.uk](http://www.capontreevets.co.uk).



## Brooke Equine Clinic Norwich, Norfolk

With our purpose built equine clinic up and running for a year, we have been very busy, at the clinic and out on the roads of Norfolk and Suffolk. Following the launch of the very popular ZONE VISITS, clients have a weekly visit from an experienced equine vet for a fraction of the normal visit charge. All routine work is carried out on zone days with the vets having the reassuring backup of our clinic based investigative and surgical services when required.

The diagnostic centre, inpatient facilities and surgical suite are fully functional and have

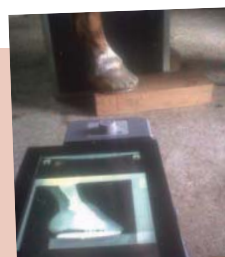
been put to good use treating sick horses, ponies and donkeys, from young foals to adults, with a variety of ailments and injuries. Many routine and emergency surgical procedures have now been undertaken at the new centre.

From our facilities, we are able to offer first opinion services to our clients, along with second opinions and referrals from local practices. We are very happy with our new equine clinic; we hope our clients are too.

Contact Chris Lehrbach on:  
Telephone: 01508 558 228

Email:  
[brookeequine@chapelfieldvets.co.uk](mailto:brookeequine@chapelfieldvets.co.uk)

[www.chapelfieldvets.co.uk](http://www.chapelfieldvets.co.uk)



## Holsworthy, Devon

Penbode Equine are a team of four friendly, knowledgeable 'equine only' vets providing a personal and professional 'stable side' service for all types of horses, ponies and donkeys throughout Devon and Cornwall.

All our experienced 'equine only' vets and receptionists have owned and ridden horses and understand your needs. Our 'equine only' vets are always on call to provide emergency cover 24 hours a day 365 days a year.

Penbode Equine Vets have particular areas of expertise in dentistry, lameness, stud medicine, ophthalmology (eyes) and pre-purchase examinations (vettings). Our completely mobile service includes portable digital x-ray, ultrasound, endoscopy and shockwave therapy.


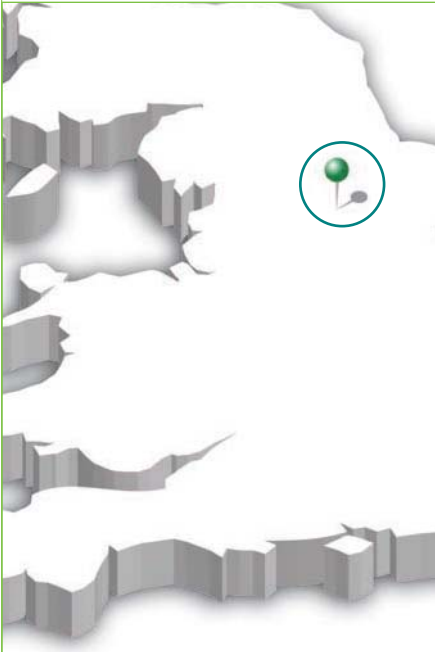
Our clinics at Holsworthy and Okehampton allow us to perform surgery under general anaesthesia. We are visited by some of the country's leading equine surgeons and medical consultants. We have a purpose built lameness and back pain investigation centre and a BEVA approved artificial insemination (AI) centre, both of which are achieving excellent results.

We hold regular client evenings on key topics. To find out more and join our FREE online newsletter visit [www.penbodevets.co.uk](http://www.penbodevets.co.uk) or call 01409 255 549.



# The nursing and management of our old friends

Alex Clark RVN Bishopton Veterinary Group

Veterinary nurse	Alex Clark
XLVets Equine practice	Bishopton Veterinary Group

Horses are considered geriatric at around 20 years of age although they are generally classed as senior above 16 years of age but some age earlier or later than this.

## Common signs of old age:

- a drooping lip;
- grey hairs around eyes and muzzle;
- tooth wear;
- deepening hollows above the eyes.



## General management

As horses age they will benefit from as much turn out as possible. This allows gentle exercise to keep joints supple, reduce stiffness, aid digestion, help with the prevention and control of respiratory disease and aid mental stimulation.

Older horses are more susceptible to changing weather conditions, so some may be happier being partially stabled.

If they need to be stabled for some of the time the space available to them should be big enough to allow easy movement and turning as they are likely to be less supple than a younger horse. Older horses' immune systems are often compromised and therefore the stable should be well ventilated to reduce the build up of dust and mould spores, remove stale air and ammonia gases from urine soaked bedding as all of these can cause irritation and inflammation of the respiratory tract. Regular removal of droppings and wet bedding is advisable.

Suitable bedding should be provided, ideally dust extracted chopped straw, hemp or shavings, shredded or diced paper. Rubber matting is also useful but may be better used with a deep bed to cushion old joints.

Regular grooming helps encourage circulation and keeps the coat clean which reduces the chance of skin infections and parasites. It also keeps the pores open which aids the regulation of body temperature as the sweat glands don't get

blocked by dirt or mud. It also gives the opportunity to keep the mutual trust and friendship with your horse. Grooming is also an ideal time to obtain a body condition score and weight, perhaps using a weigh tape, to help maintain optimum weight and condition.

When being turned out many of our old friends benefit from being rugged up as this reduces the amount of energy they use to remain warm. This in turn helps them to maintain body condition and weight, it will also reduce stiffness (which especially benefits the arthritic horse). The use of a well fitted rug which doesn't put excessive pressure on bony prominences and allows moisture/sweat to escape will prevent your horse from getting chilled due to the rug becoming damp through retained moisture. Do not over-rug as this can cause as much weight loss due to the sauna-like conditions as being exposed to freezing conditions. Regular removal of the rug to check body condition and carry out grooming is essential.

Older horses are prone to carrying a thicker, longer coat. Some horses need to be clipped all year round. If this is the case ask your vet to test your horse for Cushing's disease (PPID). If you do need to clip, only clip the areas of the coat which become damp and take time to dry. The type of clip will also depend on health status, the work load and how well they can regulate their body temperature.





## Nutrition

As equine teeth wear down with age, they become less efficient at grinding forage. It is important to maintain fibre intake, so you may need to consider:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>steaming hay to soften stems;</li> <li>soft meadow haylage;</li> <li>grazing young grass;</li> <li>'forage replacer': this replaces the hay/haylage component of the diet with short-chop fibre. Large quantities are required (feed a total amount of 2% of your horse's weight daily) so split the feeds into portions throughout the day. Introduce slowly, building up to the required amount over 14 days.</li> </ul> | <p><b>Include a variety of the following:</b></p> <ul style="list-style-type: none"> <li>high fibre nuts (softened);</li> <li>sugar beet (soaked);</li> <li>alfalfa chaff or pre-packed dried grass;</li> <li>molassed chaff;</li> <li>grass nuts (soaked);</li> <li>a mineral and vitamin supplement.</li> </ul> |
|---|---|



Short chopped fibre can be used in place of hay or haylage for horses with worn down teeth that are less efficient at grinding fibre

## Feeding the underweight horse

Many equines lose weight as they get older, especially large horses. It is essential to address the underlying causes, such as dental disease, worms, Cushing's disease (PPID), liver disease or other medical conditions.

Once these have been identified and treated appropriately, consider changes in the diet:

- access to good quality grass for as much of the year as possible;
- feeding an age-specific conditioning mix with high protein content;

- add in oil (up to 1ml/kg bodyweight daily);
- try haylage rather than hay as higher calorific content;
- use rugs so that less calories are expended keeping warm.



## Weight control

Being overweight is one of the most serious problems an older horse can have.

Weight gain occurs if a horse's nutritional intake is greater than the physical energy demand. A balanced approach to exercise and diet is essential.

The primary aim is to ensure optimum nutrition without overdoing calorific content. Weight control can be difficult if exercise levels have reduced - try to ensure a suitable level of regular exercise even if your horse has retired. It can be helpful to use a weight tape and body condition score chart, recording measurements regularly.

### Consider:

- soaking hay for 12 hours to reduce the calorific content;
- using a muzzle when grazing to reduce intake of calories;
- reducing quality and quantity of grass available;
- mixing hay with oat or barley straw if your horse's teeth can manage it;
- a good vitamin and mineral supplement to ensure that your horse does not become malnourished if on limited feeding.

All equines should be fed a minimum of 1.5% of their bodyweight daily to avoid hyperlipaemia developing (fatty liver disease), which can be fatal.



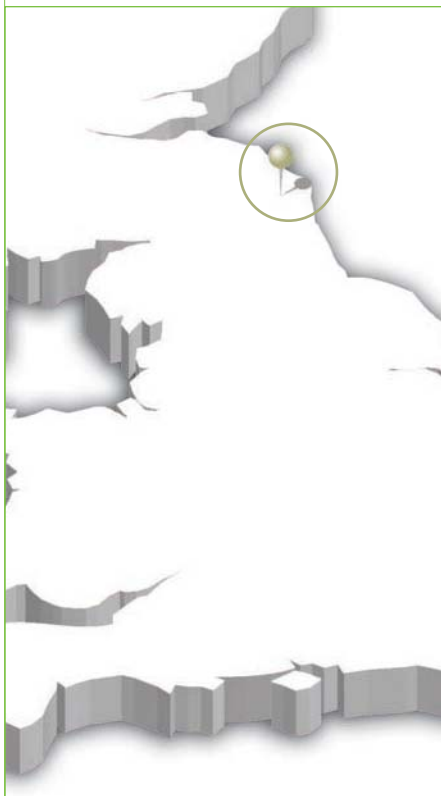
Feeding an age-specific conditioning mix with high protein content can help to maintain weight in older horses prone to weight loss

**And finally...** if you are worried about your horse's health please contact your local XLVets Equine practice for further advice.

XLVets Equine would like to thank Teresa Hollands, Dodson and Horell for her support with this article.



**alnorthumbria**  
veterinary group  
**EQUINE**



Veterinary Surgeon **Lesley Barwise-Munro**

XLVets Equine Practice **Alnorthumbria Veterinary Group**



Lesley Barwise-Munro BSc BVM&S CertEP MRCVS  
Alnorthumbria Veterinary Group

# When to say goodbye to an old friend

Saying goodbye to a much loved family friend can be incredibly hard - but getting the timing of euthanasia right is vital.

**It is important to objectively judge your horse's quality of life to help you to decide when euthanasia is the kindest option.**

## Ask yourself:

- Is the horse still eating and not losing body condition?
- Is he showing normal behaviour in the field?
- Is he rolling as normal?
- Is he still able to get up from rolling or lying down without any real difficulty?

It can help to share your concerns with your vet as part of the decision making process.

## The following can help:

- Keep photographs and a diary of his behaviour to track any changes.
- In the case of chronic illness put in place a timeline, in agreement with your vet, for significant improvement.
- If you feel time might be running out, make a euthanasia plan well before it is needed. This avoids having to make difficult decisions when you are emotional.

## Deciding on a method of euthanasia

The two methods of equine euthanasia are shooting with a free bullet and intravenous injection. Both techniques are humane and result in rapid death. The injection can only be administered by a vet, shooting can be performed by a vet or licenced kennel man or fallen stock gatherer.



## Where should it be done?

Somewhere private with a soft landing and good vehicle access.

## What happens during the procedure?

**Injection:** The horse will usually be sedated and an intravenous catheter placed in his neck. After the injection there is a short delay of up to 30 seconds and the horse will fall to the ground.

**Shooting:** The horse will be sedated so that he is unaware of the gun being placed on the front of his head. He will fall instantly and vertically to the ground.

## Possible reactions

It is important to be aware that, while the horse will be unconscious almost instantly and so will not experience any distress or pain, some involuntary reactions can occur which may be unexpected, or distressing to the owner. **These can include:**

- a sudden and/or uncoordinated collapse to the floor - this can be especially pronounced if a gun is used;
- twitching muscles, limb movements or sudden air intake;
- considerable blood loss from the nose and bullet hole if a firearm is used;
- the eyes usually remain open in death and the heart may beat for several minutes after euthanasia.



## What happens to my horse's body?

You can choose to use a fallen stock service or a pet crematorium. With the latter you can have your horse's ashes back at an extra cost. If you want to bury your horse's body you need to request permission from your local Trading Standards office - which has a set of guidelines about the burial site.

## What is the overall cost likely to be?

The costs are significant and will vary greatly depending of the options chosen and the local availability of services. It is worth researching the local options and costs in advance to help with the planning and decision making.

## Should I stay with my horse while he is put to sleep?

This is a very personal choice and should be based on understanding what happens during the euthanasia procedure and whether you will be better to say goodbye before, during or after. Many people feel a sense of loss after their horse has been euthanased because very often they form a large part of their daily routine and social life.

## Allow companions to grieve too

If after euthanasia a horse, pony or donkey leaves behind a close friend the body collection should be delayed to allow them time to accept that a death has occurred.

## Insurance companies

It is important to clarify what type of insurance cover you have for your horse before euthanasia. To be eligible for mortality insurance the reason for euthanasia has to follow the guidelines laid down by the British Equine Veterinary Association. Your vet will be able to advise you about this. It is worth remembering that most insurance companies will request a post mortem to be carried out.

## Notification of death

The passport issuing authority should be notified of the horse's death as should your veterinary practice to avoid upsetting vaccine reminders arriving.

## Finally...

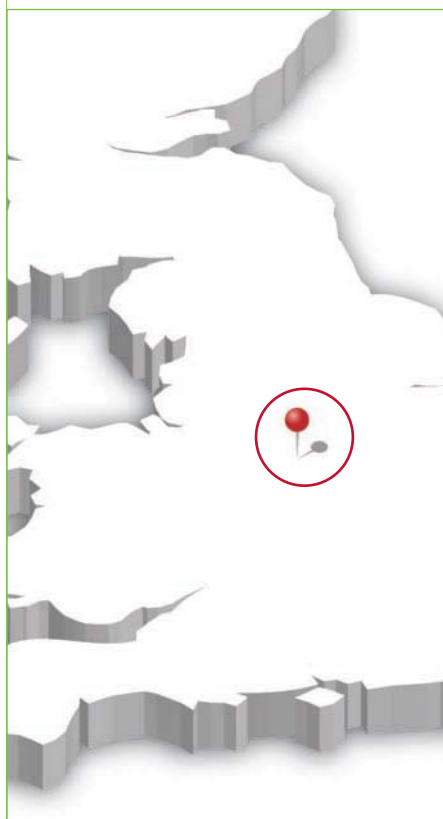
The crucial factor is to always remind yourself that it is the quality of life of your beloved horse that is important. We have to do what is best for our horses and not hold on to them because we know that, understandably, we are going to be sad about their departure.



# Peak performance: Dressage:

## We asked the experts for tips on achieving dressage peak performance

**ScarsdaleVets**  
Equine



Veterinary surgeon **Wendy Furness**

XLVets Equine practice **Scarsdale Veterinary Group**



Wendy Furness MA VetMB CertEP MRCVS, Scarsdale Veterinary Group

### What are the common veterinary problems of the dressage horse and how can they be prevented?

A good dressage horse is elegant, athletic, obedient and powerful. Riders have high expectations of balance, suppleness and power. The movements expected of dressage horses apply specific unique strains to different structures in the musculoskeletal system, particularly the back and hindlimbs. Generally, dressage horses are broken at three or four and begin competing in young horse classes at five.

The higher levels of competition are rarely reached before eight or nine hence acute stress induced injuries, such as those seen on young racehorses, are rarely seen in dressage horses. However as training frequently involves repetition of movements; repetitive, accumulative injuries are common.

#### Lameness conditions that are common in dressage horses include:

- high suspensory strain injuries
- suspensory branch strain
- coffin joint arthritis or inflammation
- check ligament strain
- arthritis of the small hock joints (spavin)
- inflammation of the middle carpal (knee) joint
- fetlock joint inflammation
- annular ligament enlargement or inflammation
- stress fractures of the third carpal bone in the knee
- back and sacroiliac pain.



Back pain can be a sequel to lameness however can occur in its own right. Common causes include:

- an ill-fitting saddle
- rider not sitting central
- primary muscle spasm
- dorsal spinous process impingement (kissing spines)
- arthritis in the facet joints of the spine
- sacroiliac disease.

#### Some management and training strategies can minimise the risk of injury:

- provide a good evenly cushioned training surface e.g. silica sand with rubber or PVC;
- ensure tack and saddle are correctly fitted and regularly reassessed by a professional;
- correct rider training and positioning to ensure even weight distribution;
- prompt investigation of unsoundness, swellings or poor performance;
- team work between trainer, vet, physiotherapist, farrier and nutritionist.



**Dr Teresa Hollands BSc (Hons)  
MSc (Nutrition) PhD, R.Nutr**

Senior Nutritionist, Dodson & Horrell Ltd., Specialist Lecturer, University of Nottingham School of Veterinary Medicine and Science

## Top tips for feeding for dressage peak performance

- Research shows that carbohydrates and protein fed within one hour of exercise increases muscle recovery after hard exercise.
- Calories or mega joules of digestible energy (MJ/DE) is a quantifiable measure of the amount of biochemical energy that is available from the food for our horse's cells. If we provide calories which are excess to requirements then our horses simply store the extra in their cells as fat.
- We can manipulate how quickly the calories reach your horse's bloodstream in relation to when he is working. However, we would not recommend additional calories for a horse that is carrying extra on his topline and his bottom. We would check that he is getting enough vitamins and minerals for his workload, reduce his calories, which reduces his work effort as he will be lighter, then adjust protein to ensure muscle development.

“A good dressage horse is elegant, athletic, obedient and powerful.”



**Jennie Loriston-Clarke MBE FBHS NPSD**, Catherston Stud and Training Centre, Hampshire. [www.catherstonstud.com](http://www.catherstonstud.com)

## How do training and talent influence dressage peak performance?

A potential dressage horse should have good natural paces, straight limbs and light-footed movement. The frame should light to reduce the weight on the forehead. I also look for a positive mental attitude and willingness to work; which makes them easier to train and perform better under stressful conditions at a competition.

With most young horses we begin training at three years of age but some individuals in particular entires are started as two year olds when they are likely to be more submissive. After backing they are turned away to mature. I consider rest periods to be an extremely important part of the training program especially in young horses. Rest allows healing time for minor injuries and strains that may not yet be apparent and helps with their mental attitude to work. A normal training week would involve four days schooling, two days of straight work hacking or cantering and Sunday is usually a rest day in our yard (unless the horse is

competing). We believe that working on a variety of surfaces (in particular straight work on roads) is important in the conditioning of ligaments, tendons and bone to assist with injury prevention.

Injuries and lameness in dressage horses are all too common; it is important to be very aware of subtle changes in the horse's movement and to give them a rest period if this occurs. I also think many riders make the mistake of repeating a difficult movement over and over which undoubtedly puts repetitive strain on the joints and ligaments. I recommend a period of walk and thought about the movement before trying again.

I am a strong believer in rider physiotherapy and exercise to improve flexibility and core strength. My top tip for success is to spend some quiet mental preparation time before a competition; I found plaiting and preparing my horse an ideal time for this.

**Tamsyn Lafferty BSc MSc MCSP HCPC ACPAT (cat A)**, Priestwood Physiotherapy, Derby

## What role does physiotherapy play in achieving dressage peak performance?

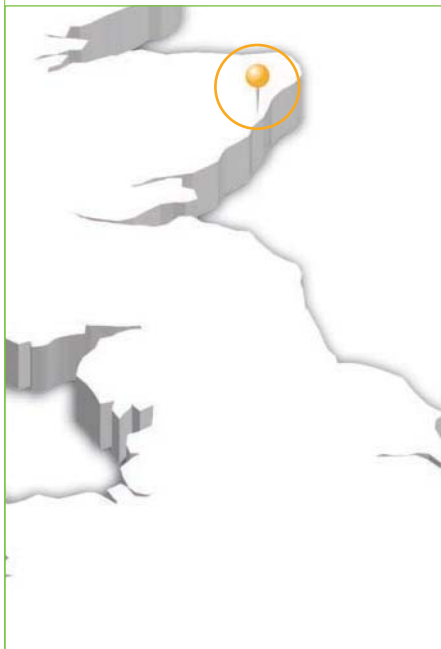
My role as a chartered veterinary physiotherapist is two-fold. On a referral basis from the horse's vet I assist with the rehabilitation from lameness e.g. high suspensory injuries and back conditions e.g. kissing spines. At the owner's request I also provide therapy for the routine maintenance of competition horses; primarily treating muscle soreness and tightness in the neck and back to keep them performing at their best. Some horses require very little maintenance while others will require monthly treatment. For the high level horses I will see them between every competition.

There are several things that riders can do themselves at home in between treatments to help keep their horses performing well. In hand stretches assist with maintaining freedom of movement and pole work exercises are very useful to teach the horse to carry himself and not rely on the rider.

Horse owners can help prevent muscular soreness in their horses by ensuring they schedule in a long period of warm up before exercise and a good cool down period too. Many riders with their busy lives take short cuts with this but I believe it is essential for optimum muscle function and to prevent muscular injury. In the winter warm packs on the back prior to exercise can also help with the warm up process.

I always recommend riders pay particular attention to any problem joints on the horse and take time to cold pack them following exercise to reduce inflammation.

Riders must not forget that physiotherapy and exercises are equally important for them. The rider plays a key role in dressage peak performance; rider stiffness or weakness can both compromise performance and lead to muscular pain in the horse.



Veterinary surgeon **Graham Hunter**

XLVets Equine practice **Ardene House Veterinary Practice**



It is a really good idea to leave plenty of time for your journey to the measurement centre, so that both you and your animal arrive calmly.

Graham Hunter BVM&S GPCert(EqP) CertEP CertAVP(ESO) MRCVS,  
Ardene House Veterinary Practice

# How high?

## Height measurement explained

Over 100 years ago Professor J. Wortley Axe defined a horse's height as 'the vertical distance from the highest point of the withers to the surface on which it stands'. This still remains the basis for height measurement in horses and ponies today. Despite modern technological advancements, we continue to use a wooden stick with a spirit level to perform all official measurements in the UK.

It is very important to accurately know and certify the heights of horses and ponies as height is the only factor used to classify horses and ponies for competitive purposes. Generally, the larger animals within each height class possess a competitive advantage and animals are therefore frequently valued accordingly.

Currently, annual or full height certification is issued by the Joint Measurement Board (JMB), the measurement being performed by one of a panel of approved equine veterinarians. Each appointed veterinary surgeon will have a measuring stick that has a metal footplate and fitted with a spirit level that is certified by Weights and Measures or Trading Standards every four years. The height measurement when performed, takes place on a specifically prepared hard, flat level surface. This surface is regularly checked and certified by a Steward or Secretary of the JMB itself to ensure it is level.

Measuring rules at Fédération Equestre Internationale (FEI) competition sites are slightly different and allow for the fact that measurements are taken under competition conditions. For example, a 148cm pony is allowed to measure up to 151 cm with, or 150 cm without horse shoes.

Under JMB rules, 'Annual' height certificates are given to animals aged four years and above, and 'Full' certificates are issued to animals once they are at least seven years of age. All animals must have received at least one 'Annual' measurement before a 'Full' certificate can be issued.

The animal must be presented in good condition with no signs of distress or dehydration. The animal must not have been given any prohibited substance. If the animal is found to test positive for any of these substances severe penalties are issued by the member societies and all measures become invalid.

## Measuring procedure

The animal must be presented in a headcollar with no bit, with its passport and any previous JMB certificates. A microchip is required for certification and if one is not already present, one will be implanted immediately after a measurement is performed.

The animal must have all four shoes removed and the feet must be correctly prepared and balanced as for shoeing with the wall taken down level with the bearing edge of the sole.

The animal must be positioned for measurement on the certified level measuring pad with the front legs parallel and perpendicular; the toes of the front feet should be in line, allowing not more than 1.5 cm difference. Both hind feet must be taking weight and as near perpendicular as possible; the toes of the hind feet should be not more than 15cm out of line with each other.

The animal's head must be in its natural position in relation to its neck, positioned so that the eye is neither more than 8cm below, nor more than 8cm above the highest point of the withers.

The measurement must be taken at the highest point of the withers, i.e. immediately above the spinous process of the fifth thoracic vertebra.





# VET VIEWPOINT...

WE VIEW THE OPINIONS OF OUR VETS ON IF IT IS POSSIBLE FOR ADULT HORSES TO CHANGE IN HEIGHT

**Simon Richards BVSc MRCVS**  
Hook Norton Veterinary Group



It is fortunate that there is no evidence of significant height change in ponies once they have reached maturity. I believe that the Life Height Certificates issued by the JMB for seven year olds and over are likely to remain accurate for the remainder of an animal's working life.

Human inter-vertebral disc compression is responsible for the significant reduction in our height comparing evenings to mornings whilst diseases such as osteoporosis causing bone shrinkage are often behind the obvious loss of height that starts in middle age.

Anatomical considerations indicate that disc changes cannot influence equine height measurement. Equine diseases such as pedal bone sinking or hyper-extension of the fetlocks may be implicated in significant height reduction but would also preclude a successful career in the showing.

Following the recent reports on the large height increases in the European population; it is lucky that ponies are not shrinking or we could find future show rules having to adjudicate on the wearing of rollerblades on long-legged riders!

## Can adult ponies change in height measurement?

**Richard Sutcliffe BVM&S MRCVS**  
Bishopton Veterinary Group



Yes, I do find that adult horses and ponies do change in height even under the relatively controlled conditions of properly conducted JMB measurements.

Undoubtedly some animals mature later and continue to grow for longer than others, but conversely 'with age - comes wisdom' and older animals tend to relax more quickly and to a greater extent than youngsters.

Since the spine is supported between the forelegs only by muscle, the more relaxed these muscles are, then the lower the withers become.

Preparation before measurement is important. An animal being fed large quantities of hard feed, perhaps presented lame will be unwilling to stand still. On a cold, windy day with agitated handlers, who arrive late and have not practiced at home standing the horse still or introduced him/her to a measuring stick; will result in a higher measurement than could be obtained under more conducive conditions.



**Jane King BVetMed MRCVS Westmorland Veterinary Group**

The short answer in my opinion is 'YES'.

Horse's leg bones actually stop growing when they are about three but they appear to continue to increase in height as they mature beyond this. Height is measured at the withers, but these do not have a direct bony connection to the ground. Unlike us, the horse has no collar bone. The front legs which take the bulk of a horse's weight are connected to his body by a muscle sling

supporting the rib cage. As a horse improves his fitness and training, strengthening these muscles lifts the ribs making him appear taller.

We have also probably all experienced the horse who appears to grow as he arrives at an exciting competition, similarly fatigue, dehydration, sedation or lack of condition as well as foot trimming can all make the horse appear smaller.





# pony pages

**Welcome...**

TO THE AUTUMN 2013  
XLVETS EQUINE PONY PAGES



## Top Tips

### WINTER FEEDING...

from Jane White, St Boniface Veterinary Clinic

- ✓ avoid overfeeding (ponies are adapted to do well on very little);
- ✓ feed plenty of fibre with minimal 'hard feed';
- ✓ feed little and often - ponies are designed as 'trickle feeders';
- ✓ make any changes in diet gradually to allow the friendly bacteria in the gut time to adjust;
- ✓ do not feed mouldy or frosted/frozen food - they can cause colic;
- ✓ store food under cover and away from rats and mischievous ponies;
- ✓ cut carrots lengthways to reduce the risk of choking (a round piece is more likely to get stuck in the throat!);
- ✓ consider using a vitamin/mineral supplement or balancer;
- ✓ if using sugar beet, remember to soak it at least overnight and store it in a pony-proof place;
- ✓ for ponies living out and sharing a field - place the hay in piles well apart and always allow one extra pile to reduce bullying and likelihood of getting kicked;
- ✓ make sure fresh water is always available and break the ice on water troughs;
- ✓ use a weigh tape every fortnight to check for any weight loss or gain and change the amount you feed accordingly;
- ✓ in cold weather a rug may be more suitable than extra food, but do check your pony daily for any rubs from straps and buckles;
- ✓ do not feed 'new' hay until after Christmas;
- ✓ if in doubt and for advice on feeding older ponies speak to your friendly XLVets Equine practice.







# 1<sup>st</sup> competition page

**ENTER TODAY**  
GOOD LUCK...

**Welcome**  
XLVets Equine Competition



**YOUR CHANCE TO WIN!**

**Help 'Max' find the odd one out...**

All the words listed can be found in the grid with the exception of one. Which one is it? Circle all the words as you find them, there will be one word missing.



The closing date for entries is **Friday 22nd November 2013**

D	G	F	N	H	H	A	Y	R	R
O	I	R	T	H	L	A	Z	U	N
R	B	C	O	L	R	F	Y	E	W
O	V	F	K	Z	W	S	F	D	I
H	R	U	G	B	Z	M	K	K	N
V	N	S	T	O	R	R	A	C	T
S	A	V	I	T	A	M	I	N	E
C	N	R	L	L	O	S	G	U	R
J	F	Q	O	V	R	I	B	A	L
I	O	R	E	T	A	W	C	C	B

- |        |         |     |         |
|--------|---------|-----|---------|
| WINTER | CARROTS | HAY | VITAMIN |
| SUGAR  | WATER   | RUG |         |

Which one is missing!!!  
Fill in your answer below

MISSING WORD \_\_\_\_\_

**WIN** an Equestrian Bag, containing six items comprising a small body brush, dandy brush, flick brush, face brush, hoof pick and sweat scraper.

**WIN!**



A winner will be chosen from all the correct entries received before the closing date. The winner will be revealed in the next issue of Equine Matters. The editor's decision is final, no correspondence will be entered into.

Send your completed entry to: Equine Matters Competition No.14  
XLVets, Carlisle House, Townhead Road, Dalston, Carlisle, CA5 7JF

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Daytime telephone number \_\_\_\_\_

Email \_\_\_\_\_

XLVets practice name \_\_\_\_\_

☐ I do not wish to receive further information from XLVets

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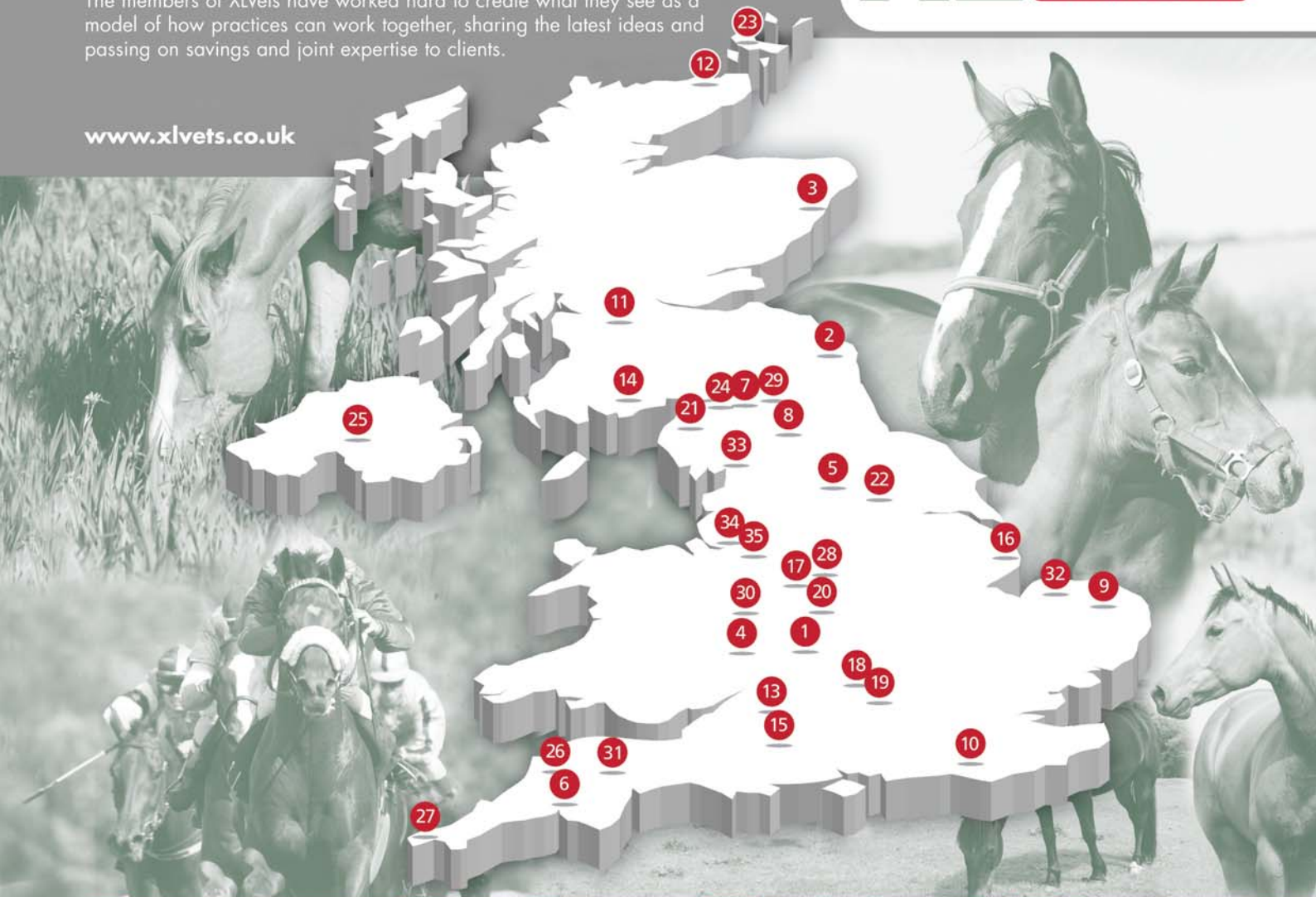
## EXCELLENCE IN PRACTICE

# XLVets Equine - Better Together

The members of XLVets have worked hard to create what they see as a model of how practices can work together, sharing the latest ideas and passing on savings and joint expertise to clients.

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2	<b>Alnorthumbria Veterinary Group</b> Morpeth, Northumberland Telephone: 01670 897597	11	<b>Clyde Veterinary Group</b> Lanark, Lanarkshire Telephone: 01555 660000	20	<b>Midshire Veterinary Group Limited</b> Nuneaton, Warwickshire Telephone: 02476 384064	29	<b>Scott Mitchell Associates</b> Hexham, Northumberland Telephone: 01434 608999
3	<b>Ardene House Veterinary Practice</b> Aberdeen, Grampian Telephone: 01224 740700	12	<b>Donald S McGregor &amp; Partners</b> Thurso, Caithness Telephone: 01847 892387	21	<b>Millcroft Veterinary Group</b> Cockermouth, Cumbria Telephone: 01900 826666	30	<b>Severn Edge Veterinary Group</b> Aston Munslow, Shropshire Telephone: 01584 841080
4	<b>Belmont Veterinary Centre</b> Hereford, Herefordshire Telephone: 01432 370155	13	<b>Drove Veterinary Hospital</b> Swindon, Wiltshire Telephone: 01793 501499	22	<b>Minster Veterinary Practice</b> York, North Yorkshire Telephone: 01904 788840	31	<b>St Boniface Veterinary Clinic</b> Credon, Exeter Telephone: 01363 772860
5	<b>Bishopton Veterinary Group</b> Ripon, North Yorkshire Telephone: 01765 602396	14	<b>Dunmuir Veterinary Group</b> Castle Douglas, Dumfries Telephone: 01556 502400	23	<b>Northvet Veterinary Group</b> Kirkwall, Orkney Telephone: 01856 873403	32	<b>Wensum Valley Veterinary Surgeons</b> Fakenham, Norfolk Telephone: 01328 864444
6	<b>Calweton Veterinary Group</b> Callington, Cornwall Telephone: 01579 383231	15	<b>Endell Veterinary Group</b> Salisbury, Wiltshire Telephone: 01722 710046	24	<b>Paragon Veterinary Group</b> Carlisle, Cumbria Telephone: 01228 710208	33	<b>Westmorland Veterinary Group</b> Kendal, Cumbria Telephone: 01539 722692
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8	<b>Castle Veterinary Surgeons</b> Barnard Castle, Durham Telephone: 01833 695695	17	<b>Glenthorne Veterinary Group</b> Uttoxeter, Staffordshire Telephone: 01889 562164	26	<b>Penbode Equine Vets</b> Holsworthy & Okehampton, Devon Telephone: 01409 255549	35	<b>Wright &amp; Morten</b> Macclesfield, Cheshire Telephone: 08458 330034
9	<b>Chapelfield Veterinary Partnership</b> Norwich, Norfolk Telephone: 01508 530686	18	<b>Hook Norton Veterinary Group</b> Banbury, Oxfordshire Telephone: 01608 730085	27	<b>Rosevean Veterinary Practice</b> Penzance, Cornwall Telephone: 01736 362215		

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