



# FALL 2012

## Special points of interest:

- **The insects are on the loose this year. Plan a good offense!**
- **Preventive maintenance for healthy joints.**
- **What can you do for your old timer?**



Keystone Equine Vet Services, LLC

1236 Easton Road  
Riegelsville, PA 18077

610-749-0488  
www.KeystoneEquineVet.com

## The Year of the Insect

2012 has proven to be an unprecedented year for insect problems. Not only have we had an increase in fly bite allergies and summer sores but we have also seen a sharp increase in insect transmitted diseases like West Nile Virus and Eastern Encephalitis.

Heading into fall we often see wet weather and the number of mosquito's increase. All farm's should do their part to eliminate standing water from their property. Anything that can hold water for 3-5 days will allow for mosquito breeding. Whether you have ponds, buckets, tires, tarped equipment, etc., it all contributes to the mosquito population. More ideas for prevention can be

found at:

[www.westnile.state.pa.us](http://www.westnile.state.pa.us)

To date, multiple human cases of West Nile Virus have been reported in the state of Pennsylvania. Recently, two cases of equine West Nile Virus have been reported in the central PA area.

Eastern Equine Encephalitis (EEE) can not be left out of this discussion. This is the E of the EWT vaccine. EEE is also transmitted by the mosquito and is fatal in horse's usually within 48-72 hours. Since the early 2000's we have been seeing a steady increase in cases in the northeast US. One reason for this increase is thought to be a laxity in vaccination. This disease has been around for a long time and not generally thought of much by horse owners. This lack of under-

standing often leads to feelings that the disease no longer is present in our area (I have heard that comment about West Nile Virus just this spring). Good vaccination protocols are very effective and can not be forgotten.

**I am strongly recommending that clients booster their horses with a EWE-WNV combo by the end of September. This can be done in conjunction with the normal fall Flu-Rhino vaccine.**



## Is there a Fungus Amongus?

Everyone knows the old saying "He's been ridden hard and put away wet". When I hear that I don't think of a tired horse, I think about a horse getting ready to grow fungus!

Inappropriately named "ringworm", fungal skin infections are quite common this time of year. Wet horses due to sweating and baths can be perfect growth areas for fungus. Addi-

tionally, tack and saddle pads that are not cleaned properly become breeding grounds for fungus that re-infect the horse every time the equipment is used.

Confusing the issue even more is the term "rain rot" which is used to indicate a generalized bacterial infection of the skin on a horse's back. Whether the infection is from bacteria, fungus or more likely both, we aim to treat them in the same way.

1. Remove all crusts and scale from the area. (Yes hair will come off as well—get over it or it will get worse).
2. Wash your horse daily for 5 days with an appropriate medicated shampoo—allowing proper soak and exposure time. Fully dry him out.
3. Wash all tack appropriately. You must clean it as you clean up your horse. Bleach water is good for brushes and grooming supplies.



## 10 Tips for Caring for the Older Horse

Because of advances in nutrition, management and health care, horses are living longer, more useful lives. It's not uncommon to find horses and ponies living well into their 20s and 30s. While genetics play a role in determining life span, you too, can have an impact.

You may think that turning your old-timer out to pasture is the kindest form of retirement. But horses are individuals. Some enjoy being idle; others prefer to be a part of the action. Whatever you do, don't ignore the horse. Proper nutrition, care and exercise will help the animal thrive. Follow these guidelines to develop a total management plan for your older horse:

1. Observe your horse on a regular basis. Watch for changes in body condition, behavior and attitude. Address problems, even seemingly minor ones, right away.
2. Feed a high quality diet. Avoid dusty and moldy feeds.
3. Feed your older horse away from younger, more aggressive ones so it won't have to compete for feed.
4. Feed at more frequent intervals so as not to upset the digestive system. Two-three times daily is best.
5. Provide plenty of fresh, clean, tepid water. Excessively cold water reduces consumption which can lead to colic and other problems.
6. Adjust and balance rations to maintain proper body conditions. A good rule of thumb is to be able to feel the ribs but not see them.
7. Provide adequate, appropriate exercise to maintain muscle tone, flexibility and mobility.
8. Groom your horse frequently to promote circulation and skin health.
9. Be aware that older horses are prone to tumors. Look for any unusual lumps or growths from head to tail as well as beneath the tail (especially on gray horses).
10. Schedule routine checkups with your equine veterinarian. Call immediately if you suspect a problem.

A quick response to ailments, injuries or a decline in fitness can keep your older horse from having a serious or prolonged setback. That means less worry for you and a better quality of life for your old friend.

Visit the AAEP website, [www.aaep.org/horseowner](http://www.aaep.org/horseowner), for additional information about caring for the older horse.

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## The Vet Goes Back to School

Continuing education is a very important part of veterinary medicine. It is essential for a veterinarian to keep up to date with new procedures and technological advances.

On August 3rd Dr. Angstadt attended the Hambletonian Continuing Education Seminar held at the Meadowlands Racetrack. At the meeting, various topics were covered including ophthalmic examination and diagnostics, hot topics in equine medicine as well as challenging lameness case discussions.

Additionally, Dr. Angstadt will be attending the Florida Association of Equine Practitioners 8th annual Promoting Excellence Symposium. This association has built a reputation for hosting informative and highly detailed lectures given by world renown speakers. Topics focus on performance and sport horse issues.

Please note that Dr. Angstadt will therefore be unavailable October 10-15, 2012



## Healthy Joints = Healthy Horse = Happy Owner

Maintaining a sound, comfortable performance horse is the goal of every horse owner. Good training practices and having a well conditioned, fit horse will take you a long way. Often clients ask me what else can they do.

Modern medicine is turning to the concept of disease modifying rather than just fighting pain and inflammation. The idea is to counteract a disease process and try to return the body to a more natural state. When we look at a horse's joints, we hope to keep them happy and reduce degeneration and the onset of arthritis. Luckily, we have some great products that can help us do this. Many of these products were designed for an injured joint but are also widely accepted as an important aspect of prevention of joint degradation.

### Glucosamine/Chondroitin Sulfate

Glucosamine and chondroitin (G/C) are chemical molecules that are thought to be important in cartilage cell resiliency and repair. It is given as a daily dietary supplement in the feed. (Nubby and I are both on it) I feel it is important to use a

reputable maker of this type of product to ensure you are getting quality product. I generally recommend only a few products.

### Adequan IM

Adequan is a polysulfated glycosaminoglycan (PSGAG). This FDA approved product is a potent inhibitor of destructive enzymes in the joint fluid of a damaged joint. It diminishes or reverses the pathologic processes of traumatic or degenerative joint disease. It also allows for a joint to restore its hyaluronic acid (joint lubrication) levels. It is given as an IM injection on a monthly basis after a loading dose protocol.

### Pentosan Sulfate

Pentosan is a product that was first used in human medicine as an anti-coagulant. It was discovered that it also had anti-arthritis properties as well. It is believed that it stimulates the production of proteoglycans (like those that Adequan is made of) in the joint. As a result we see the inhibition of the degenerative process of arthritis. It has been used in Australia for over thirty years and is gained popularity here in the last

seven. It is given as an IM injection on a monthly basis after a loading dose protocol.

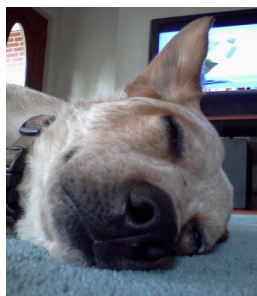
### Legend

Legend is sodium hyaluronate and is also a proteoglycan. Legend is an FDA approved product that is proven to decrease inflammation and destructive enzymes in an inflamed joint. It also helps increase the viscosity of the joint fluid thereby increase the "lube" of the joint (inflamed joint fluid gets watery). Legend is given as an IV injection on a monthly basis after a loading dose protocol.

Adequan and Legend were specifically designed for treatment of an injured joint. The use of them as well as G/C and Pentosan on a preventive basis only makes sense. If we can support our horse's joints and decrease the degeneration throughout their lifetime, we can only expect more pain free and happy years of riding. Ask me if you have any additional questions.



## Business Corner



The ability for a business to accept credit cards has ever increasing fees for this service. Keystone Equine Vet will continue to accept credit cards but as of August 15, 2012 has/will add a 3% service charge to the statement for this method of payment. Sorry for any inconvenience.

