



Welcome to the Scott Dunn's Equine Clinic Newsletter

Joint Supplements

There are numerous joint supplements on the market today, all making unsubstantiated claims for increased movement and soundness. Joint supplementation should be regarded as preventative medicine helping to support the cartilage in the joint and preventing or postponing the onset of joint damage or disease.

To achieve this, supplements should be fed sooner rather than later. Once joint damage has occurred the process is irreversible.

Joint supplements can be a bit of a maze, so here are a few facts:

- ◆ Many ingredients are claimed by manufacturers to promote joint health, including MSM, Hyaluronic Acid, Chondroitin, etc, but the only scientifically **PROVEN** ingredient is Glucosamine.
- ◆ Glucosamine comes in two forms: Hydrochloride and Sulphate. It is the Glucosamine Hydrochloride which is the most bioavailable and therefore the best value.

- ◆ At least 10g or 10,000mg of Glucosamine Hydrochloride per day is necessary per horse to have any clinically positive effect. Feeding less than this per day is a waste.
- ◆ Check the ingredients label and get your calculator out - many supplements do not contain enough Glucosamine per daily dose to be worthwhile. Exactly how many mg of Glucosamine are in each scoop?
- ◆ Certain supplements do not contain any actual Glucosamine at all when you study the ingredients, although it may appear in big letters on the front.
- ◆ Cost is always an issue, and joint supplements can seem very expensive, but again, do some calculations – how many days does each tub last when giving enough to provide the necessary 10g of Glucosamine? What is the cost per day?

In general, you get what you pay for with joint supplements. If one product seems much cheaper than others, work out why! Ask your vet to look at your supplement if you are in any doubt and advise you.

We sell a pure Glucosamine Hydrochloride product called Osteo-flex. It is a good place to

start for a general purpose joint-preserving supplement. Although the cost per 2.5kg tub sounds expensive, the £109.11 will last one horse 250 days (over 8 months), as it is pure Glucosamine.

This works out as under 44p per day.

We have not yet come across another supplement which can provide you with the scientifically proven daily dose of 10g Glucosamine any cheaper per day.

Remember prevention is better than cure!!!



SPECIAL AUTUMN OFFER

During the months of October and November, we will be offering Osteo-flex at a 10% discount on the usual retail price!

Pre-Purchase Examinations

When contemplating the purchase of a horse or pony, a pre-purchase or veterinary examination should be an integral part of the process.

A vetting should be regarded as a detailed survey, noting all the clinical and behavioural findings found and asking relevant questions regarding the history of the horse or pony. On the basis of the survey, an opinion regarding the suitability for purchase will be offered, allowing the potential purchaser to make an informed decision.

A pre-purchase examination involves five stages as listed below:-

Preliminary examination. This is an examination of the horses' body, including the teeth, the resting heart, the eyes, the skin, limbs and feet. It also includes flexion of the joints.

Trotting up. The horse is walked and trotted on hard, level ground to detect abnormalities of gait and action.

Strenuous Exercise. The horse is given sufficient exercise so that any unusual breathing sounds may be heard, to increase the action of the heart and to tire the horse so that strains or injuries may be revealed.

A period of rest. During this time, the breathing and the heart are checked as they return to their resting levels.

The second trot and foot examination. The horse is walked and trotted again, turned sharply and backed, in order to reveal abnormalities.

It is practice policy to obtain a blood sample at the time of the PPE which can either be stored by the Horseracing Forensic Laboratory for six months or submitted for immediate testing. The cost of this test depends on the number of substances requested.

The Two Stage Veterinary Examination

A two stage vetting is **NOT** a substitute for a PPE. This is a restricted examination, often called a mortality examination, used predominantly for insurance policies against death and economic slaughter. The practice does not consider this to be a satisfactory examination prior to purchase and although frequently recommended by vendors, should only be requested to obtain mortality insurance.

In order to carry out a PPE satisfactorily, adequate facilities should be available at the yard, including an area for lunging, trotting up and strenuous exercise.

Remember the rules:-

Like the animal you are buying, taking into account both ability and balance.

Arm yourself with the facts and history .

If you have a doubt, leave it alone – a small niggle becomes a major worry or aggravation with time!!

Do not be afraid to ask your vet any questions, however trivial you may feel they are!

STRAIGHT MILE FARM HAEMATOLOGY LABORATORY

Our new haematology laboratory is now up and running enabling our clinicians access to your horse's blood profiles 24 hours a day, seven days a week. This rapid feedback of vital diagnostic information delivers faster reporting, treatment and support regimes for our clients and their horses in the field and the clinic.

NEW PORTABLE SCANNER

The practice has again invested in a brand new high definition ultrasound scanner, which can be used both in-house and in the field. This extremely compact and portable unit includes an electrocardiography facility (ECG) and Doppler, which allows blood flow and activity to be monitored. Please ask our reception team if you have any questions about this scanner or if you would like an appointment with a member of our Veterinary Team.

The Yard Team

We have 13 in-patient stables and an additional isolation unit where our dedicated 24 hour nursing staff, under close veterinary supervision, take excellent care of our in-patients until they are ready to leave. As the yard staff work in-house and are often 'behind the scenes' not many of our clients have the opportunity to meet this committed team - allow us therefore to introduce them.

Marie Eccles is our head nurse and joined the practice in March 2008. She has been riding since the age of seven, having started at a riding school at which she then worked every Sunday for ten years. Marie then attended Warwickshire College, completing a National Diploma in Horse Studies, followed by a Higher National Diploma and Degree in Equine Science. While at college, Marie worked for an international event rider and began evening her own horse "Sortia" at pre-novice level until she was diagnosed with navicular syndrome in 2005. "Sortia" is now semi-retired and lives at Snowball Farm where Marie also worked as an event groom for over two years.

Jo Taylor joined the practice in March 2009 having completed a degree in Equine and Human Sports Performance at the University of Wolverhampton. During her studies, Jo worked for an Australian event rider before moving to Berkshire where she became a groom for a training and rehabilitation centre. Jo grew up on the island of Guernsey and owned her first pony at the age of ten. While growing up, Jo had contact with a number of misunderstood horses and this therefore led to her keen interest in behaviour and training. Jo has her own thoroughbred cross named "Oz" and together they regularly train and compete.

Louise Garland started working for the practice in April 2009 following much experience as a groom for dressage and show horses. She has a General National Vocational Qualification in Equine Studies, a recognised Grooms Certificate and has passed the BHS Level 3 and Preliminary Teaching Test examinations. Louise has a keen interest in coloured horses and cobs – she owns a piebald gypsy cob "Nobby" and loans a black show cob called "Wallis". Louise and "Wallis" compete at county level and are aiming for the Horse of the Year Show next season. Louise is also the proud new owner of "Harvey", a Springer spaniel cross Saluki puppy.

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Opening Hours - 8.30 am to 18.00pm Monday to Friday,
Saturday 8.30am to 12 noon

If there are any topics that you would like covered in the subsequent newsletters, please contact the reception staff, so that we can target areas of interest more accurately.

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