



## Winter Care Tips:

Keep horses well hydrated! This is the most important way to reduce the chances of colic this winter. Add water to feeds, soak hay and insulate pipes to encourage horses to drink more.

Give horses as much turnout and exercise as possible. Even a walk around the yard after work is better than nothing. Try to get them outside for as much of the day as possible.

Focus on your warm up routine, especially in cold weather. The risk of injury and sprains is much higher when muscles and tendons are cold. Spend at least 10-20 minutes warming up, keep horses working active and loose with lots of transitions. Consider an exercise blanket for clipped horses and don't forget to cool down for 10-15 minutes quiet walking.

Make sure you've had your horse's teeth checked within the last six months, dental problems can cause rapid weight loss so we try to spot them early.

Keep an eye out for sarcoids - they tend to multiply over winter.

## Christmas Opening

- Monday 24th December: 8.30am-5pm
- Tuesday 25th December: Emergencies only
- Wednesday 26th December: Emergencies only
- Thursday 27th December: 8.30am-5pm
- Friday 28th December: 8.30am-5pm
- Monday 31st December: 8.30am-5pm
- Tuesday 1st December: Emergencies only
- Wednesday 2nd January: Normal service resumes

## Merry Christmas!

We would like to take the opportunity to wish all of our clients new and old a very Merry Christmas and a Happy New Year. We do hope you all have a happy and healthy festive period with your horses, ponies and donkeys, but as ever, we will be on standby to cover any emergencies you may have over Christmas and New Year - please see below for our Christmas opening hours.

## Christmas cake recipe

Do you want to make something special for your horse or pony this Christmas? Kate has the following recipe for a "luxurious horsey Christmas cake" for you all to try! Send us your photos of your horses enjoying their treat! Mix a mug of fibre nuggets with a mug of chaff, then add a grated carrot and a grated turnip to the mixture. Bind together with molasses and press into an old ice-cream tub or tupperware box. Once set, turn out into bucket or the floor of the stable!



## UPCOMING EVENTS

19th December - Client Talk  
February - Vaccine Amnesty Month

**Don't forget to order your medications or prescriptions in plenty of time to avoid delays over Christmas and New Year!**

WINTER 2018

# RIDINGS EQUINE VETS

The latest news and updates from the team!



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**GASTROSCOPY CLINIC**

**WINTER CARE TIPS**

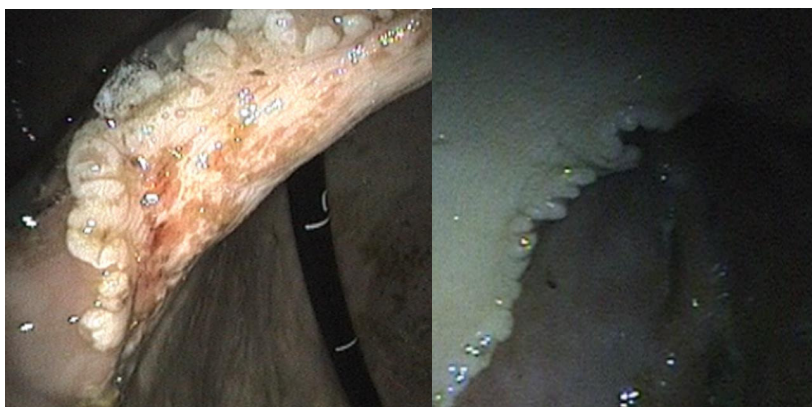
**KATE'S CHRISTMAS  
CAKE RECIPE**

**CHRISTMAS OPENING  
HOURS**

**UPCOMING EVENTS**

## Gastrosocopy clinic

At the beginning of November we held a very successful gastroscopy clinic here at the Practice, where we scoped 15 horses and ponies over two days. All of the horses' and ponies' owners had concerns about equine gastric ulcer syndrome, and given that gastroscopy is the only reliable diagnostic method for identifying gastric ulcers, this was performed for each horse under sedation without complication. Of the 15 horses scoped, one horse had eaten straw through his muzzle (!) so we could not see his stomach lining, two horses had no evidence of ulceration, and two horses had some low grade thickening of the stomach lining and are being managed with dietary changes and our gastric supplement. The remaining ten horses were prescribed medication to encourage ulcer healing and have since had a repeat gastroscopy to check on their progress. Treatments have included omeprazole, sucralfate, and gastric supplement. Of the horses we have re-scoped, all of those suffering from squamous ulceration (top half of the stomach) are now starting to wean off treatment.



For those diagnosed with glandular ulceration (bottom half of the stomach), all cases with the exception of one pony, have required a longer course of treatment which is often the case with ulcers in this area. If you are concerned that your own horse or pony may be suffering from gastric ulcers, please do not hesitate to contact us on 07747 771182, by email or on Facebook.