



Athletic Equine

Spring/Summer Newsletter 2013

A lot has happened since our last newsletter! After a successful winter season spent between Florida and New York, Dr. Spillman will be heading back North to spend the rest of the year on Long Island.

Dr. Spillman will be back full time on Long Island officially as of April 1st.



Now is an excellent time to schedule Spring shots and examinations. The majority of recommended vaccinations are given in April and May to help

protect against many diseases passed to your horse through insects.

Athletic Equine follows the guidelines of the American Association of Equine Practitioners (AAEP) for vaccination recommendations. It is our policy that these are general guidelines, and that many factors may affect the individual vaccination requirements for your horse.

AAEP Core Vaccinations

Tetanus
Rabies
EEE/WEE
West Nile

Risk-based Vaccinations

Potomac Horse Fever
Influenza
Rhinopneumonitis (EHV-1
and EHV-4)
Strangles
Botulism

It is imperative to alert your veterinarian to any special medications or health-related issues your horse is experiencing, including (but not limited to) past laminitis, past vaccination reactions, travel plans, Cushing's disease, metabolic syndrome, and exposure to other horses. Such situations may alter recommendations for vaccination and also provides opportunities to discuss monitoring your horse's health appropriately.

Call 561-316-8381 to schedule your horse's Spring shots and check-up.

Athletic Equine now offers Class IV laser therapy

Athletic Equine is now able to offer even more options for non-invasive, therapeutic treatments for patients using its new K-laser. Class IV laser therapy works through a process called

photobiomodulation, which has a number of biochemical effects. The following link is to a quick summary of some of the biochemical effects of how laser therapy promotes healing:

<http://www.k-laserusa.com/results-research/fundamental-mechanisms-and-clinical-efficacy/how-it-works/#>

In short, laser therapy promotes vasodilation, oxygenation of tissues, the healing and repair of damaged tissues by stimulating ATP production, and pain relief.

Laser therapy can be used on injuries whether new or old, and does not require sedation to be performed. It is important however that the treatment be given by someone knowledgeable in laser therapy treatment. All Athletic Equine personnel providing laser therapy have been certified in K-Laser therapy and are educated to safely provide treatment to your horse.

Not all lasers are created equal, and one of the largest limiting factors in the ability of a laser to be effective is the ability of the laser photons to penetrate into the tissues.



Although Class III lasers are widely available for purchase, only Class IV lasers have the ability to provide enough power for an effective dosage in treating a vast majority of injuries.

Class IV lasers are FDA-cleared and only available to medical professionals.

- **Improve Wound Healing**
 - Provide Pain Relief
 - Treat Neuropathic Pain
 - Decrease swelling and inflammation
- **Speed Recovery from Soft Tissue Injury:**
 - Tendonitis
 - Desmitis
 - Myositis

More information, including scientific papers and the applications of current laser therapy, can be found on the K-Laser website:

<http://www.k-laserusa.com/>

Introducing the New MyRad60

In addition to a new K-laser, Athletic Equine is now the proud owner of a new state-of-the-art digital radiology system, the MyRad60. This technology allows for an image to be displayed within a matter of seconds after a radiograph (commonly, although erroneously, termed “X-ray”) has been taken. The excellent quality of image and the ability to examine views instantly improves the diagnostic value of radiographic examination. This technology has proven invaluable in cases of emergency or when additional views prove useful in making a diagnosis.



Online Pharmacy now available for Athletic Equine clients

Athletic Equine provides competitive prices on the majority of medications through its online pharmacy. Order medications with the comfort of your own home and have them delivered directly to your door! The online pharmacy can be accessed by clicking the “pharmacy” tab on the Athletic Equine website:

www.athletic-equine.com

Please note that a current patient-doctor relationship must be present for a prescription medication to be filled on our online pharmacy. If your horse has not been examined within the past year, or has not been examined for the condition for which the prescription is intended to treat, please call to schedule an appointment.



EHV-1: Information and Recommendations

Anyone showing at the HITS Ocala and/or the FTI Winter Equestrian Festival in Wellington this past Winter show season experienced first-hand the biosecurity measures taken to prevent the spread of EHV-1, also known as Equine Rhinopneumonitis. A horse testing positive for the EHV-1 wild strain that showed neurological signs was worrisome, particularly to those that remember the 2006 episode that took the lives of several horses during an outbreak in Wellington.

EHV-1 stands for Equine Herpesvirus 1. EHV-1 can cause abortion in mares, respiratory disease, and in some cases, neurological signs.

Not all horses infected with EHV-1 will develop neurological signs. In fact, many horses have been exposed to some form of EHV-1 in their lifetime and often the virus remains dormant, meaning the horses carry the virus but are not showing signs of being sick. This can be particularly difficult in isolating an outbreak since the horses shedding a high virus load are difficult to identify, *but the virus is still contagious to other horses.*

The development of neurological signs seems associated with a high viremia (high number of virus particles in the blood), and a strain containing a very small genetic mutation causes the majority of neurological cases. This strain is thus termed the “neurological strain”, although in some instances other EHV-1 strains can cause the same neurological signs.

Boostering at-risk horses twice annually and high-risk horses (ie. in the vicinity of a disease outbreak) may help decrease viremia and nasal shedding. This ultimately helps to decrease disease severity in the sick horse and contamination to other horses.

It is also important to note that NO current vaccine is approved for prevention of the neurological form of Herpesvirus, also known as Equine Herpesvirus Myeloencephalopathy (EHM). However, since vaccination has been shown to decrease viremia and nasal shedding in horses, having your horse vaccinated may decrease the chance of him or her developing the neurological disease.

Currently vaccination recommendations are somewhat ambiguous, but for horses at low-risk for interaction with other horses, twice yearly vaccination is recommended by the AAEP. For horses that are frequently showing or during an outbreak, Athletic Equine recommends boosting your horse to increase immunity. Although this may not prevent complete disease, the chance for decreased viremia and decreased nasal shedding may help limit the disease.