

Equine Health Line

July 2009

Online Pharmacy

Our online pharmacy is up and running! Please visit our website at www.peneq.com.

You will find prescription and non-prescription products, such as Gastrogard, Adequan, Legend, Vetwrap, and dewormers, at prices competitive with online pharmacies. Free shipping on orders over \$39! You will need to request a login & password the first time you visit us!

YOUR Photos & Events

We would love your photos for our client section on our website! We will also select a client horse picture every month for the newsletter! Please email us at web@peneq.com with your upcoming events, stories, and pictures!



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Plasma Rich Plasma (PRP): Enhancing injuries' healing response

Injuries that occur to bones, tendons, ligaments, and soft tissues in horses often have a poor healing response. In the distal extremities, there is a lack of muscular protection and resultant decreased blood supply. This results in poor healing quality and prolonged healing time.

Platelet Rich Plasma, also known as PRP, can enhance the healing response and quality of repair at the cellular level in treatment of tendonitis and ligament desmitis. PRP is a blood by-product that is made by centrifugation



taken from the horse's whole blood which is rich in platelets, white blood cells, and phagocytic cells. The platelets are naturally activated by damaged tissue and when activated, release their granular contents into the wound environment. The platelets are full of growth factors which are responsible for the initiation, propagation, and maintenance of wound healing. Platelets also provide a matrix by which the growth factors initiate and propagate wound healing. PRP also works well in conjunction with stem cells and grafts and can be added to traditional treatments of icing, supportive bandaging, anti-inflammatory medication and rehabilitation.

From the Office

Please help us control costs by paying your bill via online payment through your bank or by sending us a personal check, instead of using a credit card. Please contact Marion or Amanda if you are currently on our monthly automatic payment and would now like to pay via online banking or by sending us a check.

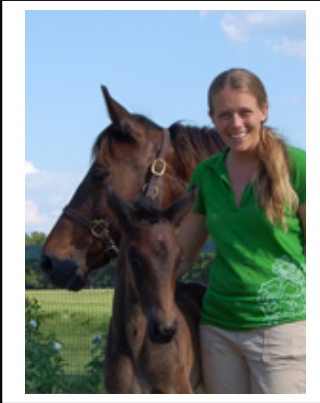
Peninsula Equine Medical Center

Phone: (650) 854-3162 Fax: (650) 854-3658
PO Box 7297 Menlo Park, CA 94026

Please contact either Marion Prieto or Amanda Maffei with any billings questions you may have. They will be happy to help you. Thank you for your continued support of Peninsula Equine. We look forward to continuing our relationship with each of you and your horses!

Our NEW Intern

Welcome
Dr. Lauren Work



I grew up in Marin County before moving to Seattle to complete my undergraduate education. The constant Seattle rain was perfect for convincing my husband why California was a far better place to live. I went to veterinary school at Western University of Health Sciences in Southern California where I picked up a few new additions to the family, two cats named Tiger and Leo and one horse named Rollie Pollie. I am so excited to finally be back in the Bay Area and look forward to my time as the intern at PenEq!

Upcoming Events

07.04:
Woodside Junior Rodeo
Mounted Patrol grounds

07.06:
We welcome our new
surgeon **Dr. Jim Nutt**
See our next newsletter!

Email us your events:
web@peneq.com

We are now in Gilroy / Hollister area: 408-762-5626

Peninsula Equine is now also operating out of our new satellite clinic at Gilroy Gaits (www.gilroygaits.com) and is now servicing the Gilroy / Hollister / Morgan Hill area! We are scheduling routine appointments Tuesday, Wednesday and Thursday mornings and are available for emergencies 24 hours a day!

**GILROY Satellite clinic NOW OPEN
(408) 762-5626**

Please call us at (408) 762-5626 to schedule an appointment. If you reach us outside Gilroy's satellite clinic operating hours, you will directly be forwarded to our office staff here in Menlo Park or to our emergency answering service.

Benefits of Hydrotherapy: the use of underwater treadmills

Hydrotherapy is a quickly growing mode of therapy and conditioning for horses. Pools and swimming have been around for a while and have resulted in successful conditioning and rehabilitation. However, many horses, understandably, scramble in the water and arch their backs to keep their heads above water, which can lead to injury and counteractive musculature formation. The underwater treadmill is the latest technology for providing the benefits of hydrotherapy in a safe, controlled environment.

Hydrotherapy provides hydrostatic pressure to the joints, reduces swelling, takes approximately 60% of the weight off of the joints, and balances the horse on all 4 limbs. By supporting the joints, the hydrostatic pressure also encourages full range of motion to the affected joint. This is important in the healing process. Moving the joint fully helps decrease scar tissue and encourages the ligaments/tendons to heal by increasing the blood flow to the area.

Many times while a horse is walking (hand walk or tack walk), the horse does not use the full range of motion as he would otherwise do underwater. Facilitating and allowing a horse to use the entire range of motion of each joint, helps strengthen and promote healing. Hydrotherapy also has many benefits for the fitness conditioning. Underwater treadmills utilize the natural properties of water (buoyancy, resistance and heat) combined with the horse's normal gait for therapeutic healing, strengthening, conditioning and training. Please visit Los Laureles Equine Rehabilitation Center's website at www.horserehabilitation.com for the complete article. LLERC is now located at Gilroy Gaits.



Tip of the Month: Keeping your older horse healthy

- ✓ Continue routine vaccines.
- ✓ Deworm your horse 3-4 times yearly & don't forget to rotate products.
- ✓ Have a physical exam done annually, and assess body condition. Adjust feeding program if necessary.
- ✓ Have your horses' teeth examined regularly and have a dentistry done yearly.
- ✓ Have your horse's blood drawn for Cushing's test (Dex suppression) every 12-24 months once your horse has reached his 20th birthday.
- ✓ Continue regular exercise, as long as lameness issues allow, even if you horse is retired.
- ✓ Discuss with us the different options for managing arthritis.