

Equine Health Line

February 2010

Online Pharmacy

Our online pharmacy is up and running! Please visit our website at

www.peneq.com.

FIRST TIME PHARMACY

VISITORS: You will need

to establish a login &

password to enter the on-

line pharmacy. Call our

office for assistance or to

register and avoid the 48

hr online enrollment delay!

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! As

always, you can pick up

medications at our clinic!

Website

Our website is getting a

makeover! We will have a

section dedicated to you,

our clients, where you can

post events, photos and

news about what you and

your horse have been

doing! Please email us at

web@peneq.com

with your event , story,

and pictures! Or submit

directly via our website.



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Steroids vs. NSAIDs

Many of us have horses that require non-steroidal drug therapy and/or steroids either intermittently or routinely to control pain. Different NSAIDs (non-steroidal anti-inflammatory drugs) and steroids are appropriate for different horses and different situations. NSAIDs work by blocking the production of COX-1 and COX-2, enzymes that catalyze or promote the formation of prostaglandins and thromboxane from arachidonic acid. Prostaglandins act as messengers of inflammation, and therefore, by blocking their production, inflammation is decreased. Typical clinical signs associated with "inflammation" are heat, pain, and/or swelling; and inflammation can be acute, as with "sprains and strains" or chronic as with arthritis or more severe injuries. Steroids work by a variety of mechanisms to decrease inflammation, both by up-regulating anti-inflammatory proteins and by blocking the transcription of pro-inflammatory genes, including interleukins. Steroids, however, generally have more side effects associated with prolonged administration than NSAIDs. If your horse is showing, the combination and types of medications used to decrease inflammation can markedly enhance your horse's comfort and performance. The most commonly used NSAIDs include firocoxib (Equioxx), phenylbutazone (Bute), flunixin meglumine (Banamine), ketoprofen (Ketofen), meclufenamic acid (Arquel) and naproxen topical diclofenac (Surpass). You may use any two of these in combination at USEF shows, except for Bute and Banamine. Additionally, you may add one steroid (dexamethasone, ie. Azium is the only one permitted), aspirin and methocarbamol, which is a muscle relaxant. If you have any questions on drug regulations at the USEF or any other level, please consult your favorite PenEq veterinarian!



Health Update

A recent outbreak of influenza in the cottonwood, Red Bluff area has been Confirmed by Univ. of California, Davis. In December and January, approximately 80-100 horses have been affected and 3 deaths have been confirmed. Influenza is one of the most contagious of equine respiratory diseases and is spread easily and rapidly. We encourage clients to assure that their influenza vaccinations are current and avoid travel to this region temporarily.

PenEq 2010 Wellness Program

Sign up for the year and SAVE >30%!!

Going into the New Year, Peninsula Equine is dedicated to making 2010 a GREAT year for you and your horse! Again this year, we are offering a COMPREHENSIVE WELLNESS PROGRAM which helps you assure that your horse's preventive healthcare is both current & economical! Selecting among several different packages based upon age and level of competition, you're sure to find one that works for you!

Simply call the office @ 650-854-3162 and ask to sign up for our Wellness Program and Amanda or Marion will make the follow-up calls to schedule all required visits for the upcoming year.

Upcoming Events

Dressage Society Talk @ PenEq

Feb 20th, 2010, 1 pm

Email us your events:
web@peneq.com

Unwanted Horse Veterinary Relief Programs

The Unwanted Horse Veterinary Relief Campaign (UHVRC) was started in December 2008 with the goal of providing qualifying equine rescue and retirement facilities with complimentary vaccines for the horses in their care. With the help of the American Association of Equine Practitioners and Intervet/Schering-Plough, more than 2,500 horses across the nation received life saving vaccines in their inaugural year. The program is currently accepting applications for spring 2010 vaccines. If you know of any qualifying rescue facilities, they can get more information at www.UHVRC.org. For more information on how you yourself can become involved in helping unwanted horses, please visit www.unwantedhorsecoalition.org or contact your local rescue organization.

Is it a sarcoid??

Sarcoids are the most common nodular skin disease in the horse. Visual recognition is the safest and easiest method of identification, though a biopsy is required to confirm the diagnosis. There are six major types of sarcoid that have been defined: occult, verrucose, nodular, fibroblastic, mixed and malignant. The malignant form is quite rare, but highly aggressive.

"Occult sarcoids" primarily occur on hairless or thinly haired areas of the body. They typically begin as an area of alopecia (hairloss) but eventually develop crusting on the surface. This type can remain static

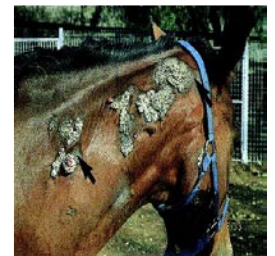


periods of time and may resolve spontaneously.

"Verrucose sarcoids" are characterized by crusting and the formation of keratin plaques on the surface of the skin, like the picture in the bottom right.

"Nodular sarcoids" are sizable firm masses still encapsulated the first two layers of the skin. This class is extremely prone to transforming into a rapidly growing more malignant form if traumatized or irritated.

"Fibroblastic sarcoids" usually have an ulcerated appearance. They can be pedunculated (hanging from a single stalk) or not. These sarcoids are highly susceptible to infection.



If you suspect your horse has a sarcoid or any suspicious skin lesion, please contact your PenEq veterinarian of choice.

Tip of the Month: Prevent problems before they happen!

- ✓ Enroll your horse in PenEq's new 2010 WELLNESS PROGRAM to assure your horse gets all their vaccines and deworming! Includes a dental exam and physical exam with every visit!
- ✓ Speaking of dental exams, it is important to have routine dental care to head off problems before they become harder to manage. Several PEMC doctors have training in advanced dentistry and related procedures.
- ✓ Routine trimming (and shoeing, if your horse is shod) is essential to keeping your horse sound. Often times hoof x-rays can assist your farrier in initial management or updating corrections is and may help in providing information on horses that have had problems in the past.
- ✓ Check to make sure your first aid kit and veterinary contact information is up-to-date and easily located!