

ESPINAR EQUINE

Spring 2020



Welcome to our Spring 2020 Newsletter!

A New Year, a new decade and keeping up to date with the latest treatments available too! Espinar Equine is pleased to be able to provide a variety of regenerative medicine treatment options, meaning that Emiliano can help more horses with lameness and poor performance issues.

🌟 REGENERATIVE MEDICINE 🌟

Biological treatments are part of the regenerative medicine which aim to stimulate the body's own repair mechanisms to aim to bring them back to function. We offer different regenerative medicine treatment options for your horse, which can all be done 'in-house, and the procedures performed at your own yard, without the need for referral or hospital visits. You can find out more information on the options available on the "Regenerative Medicine" page of the website.

Before we dive into the pros and cons of the regenerative medicine options for horses it's important to be clear that the first step is to **make a diagnosis**.

Once a diagnosis is reached there will be individual options of management and treatment and its important to understand that some recommendations such as exercise management, shoeing, and physical therapies could proportionally make more of a difference in the recovery/rehabilitation.



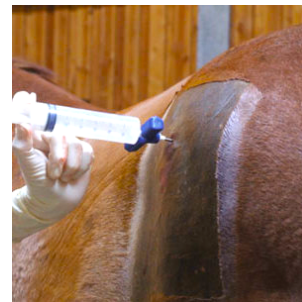
The treatments available are:

PRP - Platelet Rich Plasma. Platelets are part of the blood of the horse. They are considered as the first response to tissue damage and they also produce certain growth factors that enhance the healing. Platelet Rich Plasma has been commonly used for tendon or ligament injuries especially in areas where the poor natural vasculature decreases the chances of healing.

Autologous Conditioned Serum. IRAP and/or ACS aims to block inflammation, counteracting the destructive effects of inflammatory mediator IL-1 by blocking it to the receptors and therefore decreasing the inflammation. As a biological treatment, there are no foreign chemical substances that will be tested in doping.

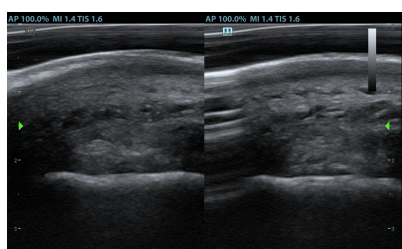
Stem Cells - There have been numerous studies that have suggested the potential of the use of mesenchymal stem cells injected intra-lesionally for the functional regeneration of tendons and ligaments. Stem cells can be retrieved from different sources such as bone marrow (BM), adipose tissue (AT) and other places. There are also currently stem cells non autologous, produced in a lab and licensed specifically for intra-articular use (made by Boehringer Ingelheim).

Lipogems - This is a technology that has been brought from human patients. It is not strictly stem cells obtained from adipose tissue but rather a specific cell that has the ability to repair tissue quite effectively. It can be used in ligaments, tendons, as well as joints and it has great potential for injuries that have historically been difficult to treat.



Bone marrow - Direct injections of bone marrow have proven a very cost-effective procedure. It involves obtaining bone marrow (with its risks), and following an easy quick processing of the bone marrow, it is injected directly on the lesions. It is generally used as a less costly alternative than harvesting stem cells from bone marrow during a few weeks and has the advantage to be performed on the same visit. They generally aim to treat any ligament or tendon lesions.

If you've been experiencing lameness or poor performance issues, you can book an assessment with us. Diagnostic imaging techniques can be invaluable in reaching a diagnosis and then, a plan of action can be made, which could include regenerative biological treatments. We are always happy to discuss with other paraprofessionals as well, such as farriers and physiotherapists in order to provide your horse with the best chance of recovery.



RESEARCH

As part of his commitment to staying at the forefront of equine welfare and performance developments, Emiliano has also been involved in an exciting research study; the first of its kind involving ultrasound and thermography! More information will be coming when the results are presented, and the paper published.

PRE-PURCHASE EXAMINATIONS

If you are considering buying a horse, we can perform 2 or 5 stage vettings anywhere in the UK and abroad. Having a pre-purchase examination enables you to get a veterinary opinion, based on a clinical examination, on whether a horse is suitable to be purchased for its intended purpose.

Although a limited two-stage exam may be enough, we would always recommend for a complete exam to perform a 5 stage vetting as it allows you to look at other aspects which may not be apparent in the first two stages. The examination may be adapted depending on the circumstances too - for instance, during the third stage of a 5 stage vetting (where exercise is required in order to assess the heart and lungs after exertion), if the horse is unbroken then it may be lunged or free-schooled instead of ridden.



Finding abnormalities is quite common and a failed vetting may not automatically mean that the horse shouldn't be purchased. This is where having good communication with your vet about your needs and aims for the horse is crucial. You can benefit from veterinary advice about any issues and their future impact, meaning you can make a better informed decision.

If you'd like to know more about what is involved in each stage of a pre-purchase examination, there is more helpful information on the services page of our website.

SPRING IS ROUND THE CORNER!

With the days starting to lighten up in the mornings and evenings, and the weather (for the most part!) gradually warming up, we need to be prepared for the first flush of spring grass. So how do we manage your horse's intake? While "Dr Green" can be the best medicine in some cases, for others, it can cause problems.



Grass contains simple sugars (that are produced in daylight hours via photosynthesis) and fructan, (sugar in its storage form). Known as WSC or "water soluble carbohydrates", high intakes can lead to laminitis, insulin dysregulation, and weight gain. WSC levels can vary depending on temperature, soil fertility and moisture, so it is often hard to determine the best time for turnout.

Also, it may not be the grass itself that is the issue. Sometimes, simply the change of routine (going from being stabled on dry hay or sparse pasture to being turned out on grass) is enough to trigger a bout of colic. Your horse's digestive system will be unused to the non-structural carbohydrates in grass and this can cause digestive upsets and therefore colic. If you'd like advice regarding spring grass, associated issues and how best to manage your horse's weight or diet, do speak to us!

Looking forwards to the upcoming year, completing some exciting projects, helping you with your equine veterinary needs and assisting your horses in leading happy, healthy lives!

Emiliano



Mel



ESPINAR EQUINE

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