

# ALLAN HEATH EQUINE



## Spring Newsletter 2015

Hello and welcome to our spring newsletter! We have some new offers for you and some seasonal advice. The newsletters can be downloaded from our website - [www.allanheathequine.co.uk](http://www.allanheathequine.co.uk).

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24 hour  
Emergency cover

## Body Condition & Weight Loss

As we move into spring it is important to ensure your horse is fit and healthy, or at least aiming to be! Obesity is worrying as it can predispose to laminitis and poor performance. Managing your horse's weight and body condition can be difficult; here are two methods to help. The first is via weigh tape. This can be inaccurate but if placed in exactly the same spot each time around your horse's girth can allow a comparison of an individual. Clipping a small amount of hair can provide a good marker. The second method is via body condition scoring, which can be done on a scale of 0-5

with 5 being very overweight and 0 being very underweight. Assess your horse's neck, side and rump and compare it to the chart on the right. A score of 3 or 3.5 is ideal though a score of 4-5 may warrant a bit of a diet! Soaking hay, reducing hay/haylage by 5-10% and reducing hard feed by 25-50% are good ways to begin when implementing a weight loss plan for your horse. Remember, you are aiming for progress, not perfection and small changes over a 6-12 month period will result in gradual, healthy weight loss.

0	emaciated	<ul style="list-style-type: none"> <li>• Marked 'ewe' neck, narrow and slack at base</li> <li>• Skin tight over the ribs, which are clearly visible</li> <li>• Spinous processes sharp and easily seen</li> <li>• Angular pelvis, skin tight, very sunken rump</li> <li>• Deep cavity under tail and either side of croup.</li> </ul>
1	poor	<ul style="list-style-type: none"> <li>• 'Ewe' neck, narrow and slack at base</li> <li>• Ribs clearly visible • Skin clearly shrunken either side of spine – spinous processes well defined • Rump sunken but skin supple, pelvis and croup well defined, cavity under tail.</li> </ul>
2	moderate	<ul style="list-style-type: none"> <li>• Normally ideal for a fit racehorse or eventer.</li> <li>• Neck narrow but firm, shoulder blade clearly defined • Ribs just visible • Spine well covered – spinous processes felt but not seen • Rump flat either side of spine, croup well defined, some fat, slight cavity under tail.</li> </ul>
3	good	<ul style="list-style-type: none"> <li>• Normally ideal for most show and leisure horses</li> <li>• Firm neck, no crest (except stallions), shoulder blades defined • Ribs just covered, easily felt • No gutter along back – spinous processes covered but can be felt • Pelvis covered by fat and rounded, no gutter, pelvis easily felt.</li> </ul>
4	fat	<ul style="list-style-type: none"> <li>• Slight crest on neck, wide and spongy • Ribs well covered • Gutter along spine to root of tail. Fat stored either side of the spine to form slight 'apple bottom', with a gutter down the middle • Pelvis covered, felt only with firm pressure.</li> </ul>
5	obese	<ul style="list-style-type: none"> <li>• Marked crest, very wide and firm, creases of fat. Shoulder blade buried and difficult to feel • Ribs buried, cannot be felt • Deep gutter along spine, back broad and flat • Deep gutter to root of tail, producing marked apple bottom, skin distended • Pelvis buried, cannot be felt.</li> </ul>

If you are concerned about your horse's weight or would like more advice please just give us a ring.

## FREE VISIT SCHEME

We offer free "when-in-area" visits for vaccinations - please ring 10-14 days before your horse's vaccination is due and we will put your name down for the scheme. Please ask Kirsten, our receptionist, for details.

## Spring Offer



£65

Equitop Myoplast is a muscle-building supplement that provides your horse with 18 essential amino acids required to build lean muscle. In combination with a regular exercise regime we have seen excellent results following 2-3 months of supplementation. Please call in for more details.

## Win a rug!

Purchase a tub in April or May and your name will be entered into a raffle to win a rug or numnah!

## Emily is moving to Cheshire!

After two fantastic years working with Allan, I have made the difficult decision to move to pastures new. I am moving to a large equine hospital in Cheshire and hope this will create new challenges and opportunities. I would like to thank you all, I have had a lovely time working in Lincolnshire and that has been due to the great client base we are lucky enough to have at this

practice. I will miss you all, and will treasure some very happy memories of the clients I have worked with and the patients I have treated. Best wishes to you all in the future. At the moment Allan Heath Equine is still advertising for a new vet and will keep you updated once they know more.

