



Wellness Program

At Woodside Equine Clinic, we recognize that no two horses are the same and you should have the ability to tailor your horse's care to fit their needs. We are happy to offer customizable plans and to give you the best Wellness experience and the healthiest equine companion in 2024.

The **PERFORMANCE WELLNESS PLAN** (previously the Silver Wellness Plan) covers the needs of most horses in our practice. This biannual package includes Spring and Fall wellness exams with consultation on nutrition and parasite control. Also included are Spring and Fall vaccines, two fecal tests*, a Coggins test, and an oral exam with dentistry and sedation. (*Performance Plans are available for purchase from January to June due to the inclusion of two annual visits with the plan. A Basic Plan can be purchased after June*)

The **BASIC WELLNESS PLAN** (previously the Bronze Wellness Plan) may be suitable for horses who seldom travel or are never exposed to new horses. This package includes one wellness exam and consultation on nutrition and parasite control. Also included are Spring vaccines, one fecal test*, and an oral exam with dentistry and sedation. Timing of these once yearly vaccines is important; therefore, we recommend these appointments be scheduled for late spring.

*Please have fecal samples (1-2 fresh fecal balls) collected at the time of your scheduled appointment. If you collect a sample 24-48 hours prior to your appointment, please keep the sample refrigerated.

The **WELLNESS UPGRADE OPTIONS** can be added to either plan to best suit your horse's needs.

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| CBC/Chemistry: | Provides an analysis of your horse's blood profile. Recommended if your horse is on daily Equioxx. |
| TRH stim/Insulin: | Can aid in early identification and treatment of Equine Metabolic Syndrome and PPID (Pituitary Pars Intermedia Dysfunction previously known as Cushing's disease) in aging horses. (<i>The TRH Stimulation Test should be completed in the Spring between January 1 and July 1. Horses should be fasted for 12 hours with no grain or grass, hay is okay.</i>) |
| ACTH/Insulin: | ACTH levels should be checked annually on horses that have already been diagnosed with PPID and are currently taking Prascend. Insulin testing helps screen for Equine Metabolic Syndrome. |
| Sheath Cleaning: | Most geldings should have their sheath cleaned at least once annually. (<i>Sheath cleanings will be completed at the time of the dental when your horse is already sedated.</i>) |

Physical Exam and Consultation

A physical exam is one of a veterinarian's most valuable diagnostic tools and one of the most important aspects of routine preventative health care for your horse. A physical exam includes evaluation of your horse's vital parameters (temperature, heart rate, and respiratory rate). Your veterinarian will also listen to your horse's heart, lungs, and gastrointestinal tract with a stethoscope. This can identify heart murmurs or arrhythmias, abnormal lung sounds indicative of various respiratory issues, and can potentially identify the presence of sand within the large colon. A basic ocular (eye) exam is also performed to detect any significant abnormalities and/or age-related changes. The body condition of your horse will also be assessed, and a weight tape will be used to estimate their weight. Nutrition and diet recommendations can be discussed based on your horse's body condition. Following the exam, your veterinarian can consult with you on significant findings noted on the exam and address questions or concerns you may have.

Vaccinations

In addition to proper management, vaccination is considered one of the most important and cost-effective methods of disease prevention. Your veterinarian will consult with you regarding the vaccination needs of each individual horse.

Rabies

Rabies is a neurologic disease that is zoonotic (transmissible to humans) and is always fatal once contracted. This vaccine should only be administered by a licensed veterinarian. In Virginia, if the vaccine is not administered by a veterinarian, the horse is considered unvaccinated for Rabies.

Tetanus

Tetanus is a neuromuscular disease caused by the toxin of the bacteria *Clostridium tetani* that typically enters the body through a puncture wound. These bacteria are commonly found in the environment. Tetanus is a difficult and expensive disease to treat and is potentially fatal.

Eastern and Western Encephalitis

These two forms of encephalitis are both neurologic diseases which are almost always fatal, if not extremely difficult and expensive to treat. Mosquitoes transmit the disease to horses, as well as to humans. Our area is at a high risk for encephalitis, and unvaccinated horses infected with this disease rarely survive.

West Nile Virus

West Nile Virus is the leading cause of arbovirus encephalitis in horses and humans in the United States. This virus is transmitted by mosquitoes and causes severe neurologic disease. The virus cannot be transmitted between horses and humans.

Potomac Horse Fever

Potomac Horse Fever is a non-contagious infection transmitted by aquatic insects, containing rickettsia-infected trematodes, which are ingested by the horse. PHF causes diarrhea and has the potential to cause laminitis. The vaccine for PHF is not 100% effective in preventing the disease but is believed to lessen the symptoms and their severity if infected.

Equine Herpes Virus (Rhinopneumonitis)

EHV is a highly contagious respiratory virus transmitted horse to horse via aerosolized nasal secretions. This virus generally causes an upper respiratory infection; however, there are different forms of the virus, some of which have the potential to cause other diseases including a neurologic syndrome as well as abortion in pregnant mares. It is important for horses who are traveling or boarded with other horses to receive the Flu/Rhino combination vaccine twice yearly. If your horse's potential exposure is higher due to a heavy travel schedule, your veterinarian may discuss more frequent vaccination for these diseases with you.

Influenza

Influenza is another highly contagious respiratory virus transmitted horse to horse via aerosolized nasal secretions. This virus generally causes an upper respiratory infection. Symptoms include fever, nasal discharge, enlarged lymph nodes, and a cough. It is important for horses who are traveling or boarded with other horses to receive the Flu/Rhino combination vaccine twice yearly. If your horse's potential exposure is higher due to a heavy travel schedule, your veterinarian may discuss more frequent vaccination for these diseases with you.

Oral Examination and Dental

In addition to a physical examination and vaccinations, routine dental care is another important aspect of your horse's overall health care plan. As a part of our Wellness Plans, a thorough oral exam will be performed under standing sedation with an oral speculum in place. A dental will be performed to remove any sharp enamel points which have developed and correct any mild abnormalities including hooks, ramps, or wave mouth. A thorough oral exam also allows us to identify more advanced conditions such as a loose or fractured tooth, or periodontal disease. Treatments for these types of conditions are not covered under the Wellness Plans and are an additional charge. Sedation for the dental is included in the plan.

Fecal Parasite Analysis

Due to the development of parasitic resistance, our approach to deworming is based on fecal egg counts. This allows us to determine an individual horse's parasite burden and develop a deworming program specific to that horse's needs. Every horse should be dewormed a minimum of twice a year. Any additional deworming will be recommended based on the results of the fecal analysis. By using this method, we are helping to reduce the overuse of dewormers and parasite resistance. Keeping your horse's parasite burden low may decrease the risk of colic, anemia, and respiratory problems which can arise due to migrating larvae. Two fecal analyses per year are included in our Performance Wellness Plan and one is included in our Basic Wellness Plan.

Coggins Test

A Coggins test is performed to identify the presence of antibodies in the horse's blood against the Equine Infectious Anemia virus. This virus is transmitted by biting flies and there is no vaccine or cure for this disease. This test is required for most horse shows, boarding facilities, interstate travel, and for the horse to come to our clinic. A negative Coggins test is valid for one year. A Coggins test is included in our Performance Wellness Plan, but not in our Basic Wellness Plan.

The Complete Blood Count (CBC) and Chemistry Profile Package

This routine bloodwork is another tool in monitoring your horse's overall health status. The CBC is used to identify any signs of anemia, infection, or inflammatory disease. The chemistry profile is an indicator of organ function by measuring enzymes and electrolytes in the blood and comparing them to a standardized range.

The TRH Stimulation/Insulin Laboratory Test Package

The TRH stimulation test is the preferred test for diagnosis of PPID (Pituitary Pars Intermedia Dysfunction previously known as Equine Cushing's disease). It provides a much more reliable and earlier diagnosis than testing ACTH alone. An Insulin test can be used to diagnose and monitor Equine Metabolic Syndrome, which can be caused by PPID and can lead to laminitis. During the TRH Stimulation test, TRH (thyrotropin releasing hormone) is given intravenously. Blood samples are taken prior to TRH administration and 10 minutes afterwards. The TRH stimulation test is most accurate when used during the months of January through June. Note that for scheduling, horses need to be fasted from grass and grain for 12 hours prior to testing (hay is fine).

ACTH/INSULIN Testing

Horses that have already been diagnosed with PPID do not need a TRH stimulation test but may need a baseline ACTH to determine if their Prascend dosing is appropriate. An Insulin test can be used to diagnose and monitor Equine Metabolic Syndrome, which can be caused by PPID and can lead to laminitis.

Sheath Cleaning (Geldings Only)

An annual sheath cleaning is important for your horse's comfort and hygiene. It is also an opportunity to detect any abnormalities early, such as skin cancer. Sheath cleaning can be most effectively and safely performed when a horse is sedated as this allows for a thorough evaluation of all structures. All add on sheath cleanings will be performed at the time of dentistry as sedation is only included in the Wellness Packages one time.

Not sure what plan will best fit your horse's needs? Please call our office to speak with one of our veterinarians who will be happy to consult with you.