

The ABCs of **EQUINE** HEALTH



SUMMARY

A B C BOOK

Anemia	p. 4
Arthrosis	p. 6
Bone Spavin	p. 8
Choke	p. 9
Colic	p. 10
Diarrhoea	p. 11
Equine influenza	p. 12
Fever	p. 13
Lameness	p. 14
Laminitis	p. 16
Lymphangitis	p. 18
Lyme Disease	p. 20
Melanoma	p. 21
Mudfever	p. 22
Navicular	p. 24
Osteochondritis	p. 26
Piroplasmosis	p. 28
Punctured sole	p. 30
RAO Recurrent Airway Obstruction	p. 32
Stereotypical behaviour	p. 34
Strangles	p. 35
Summer equine dermatitis	p. 36
Tendinitis	p. 38
Tying up (Myositis)	p. 40
Ulcers	p. 42
Uveitis	p. 43
Wounds	p. 44



EDITORIAL

EQUISTRO is at your side to help you care for your horse!

For more than 30 years EQUISTRO has been looking after your horse's health.

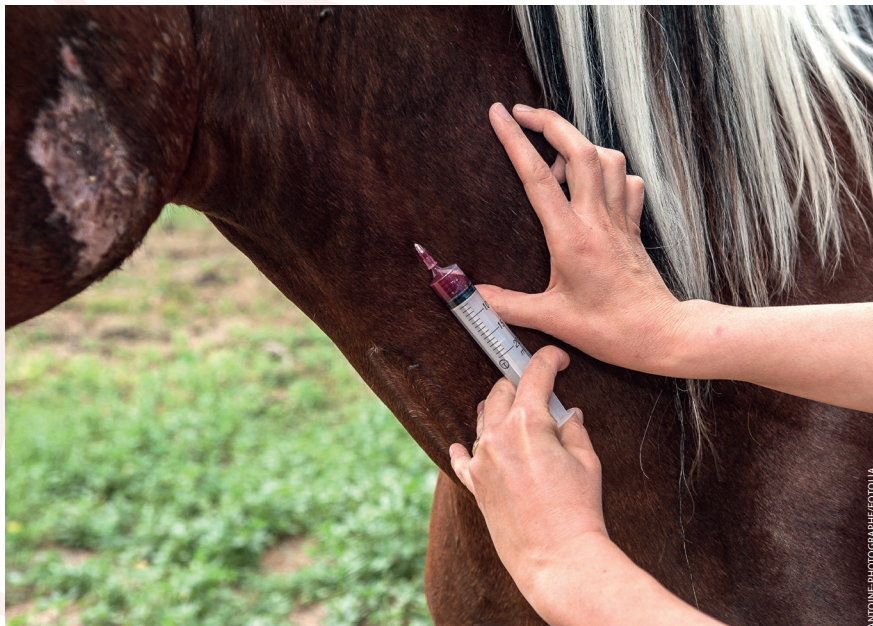
The well-being and performance of these animals is what we are passionate about. As "forewarned is forearmed" our aim is to provide owners with what we call the ABCs of equine health, a booklet describing the main ailments affecting horses. It teaches you the basics about myositis, colic, osteoarthritis ... so that no horse enthusiast is left in the dark. In compiling this practical and technical tool we turned to Cheval Santé, a major journal in horse health, for support. The information set out here is intended to help you prevent and quickly detect the first signs of a medical problem. But remember that you should always turn to your veterinarian when the need arises. Ask him or her as s/he is the best person to answer your questions!

A QUICK OVERVIEW OF EQUISTRO

EQUISTRO products, designed, manufactured and marketed by the Vetoquinol Group, benefit from the backing and know-how of an international veterinary pharmaceutical laboratory. At EQUISTRO we offer you tailor-made solutions to help your horse stay fit and perform optimally. Our range of feed supplements meets a broad range of the horse's different needs, supporting the musculoskeletal system, respiratory health, muscle condition, stress management and more.

...more on www.equistro.com

A LIKE ANEMIA



Anemia is defined as a decrease in the amount of haemoglobin content in blood. This pigment, that is stocked in red blood cells, allows the transport of oxygen. Clinically a moderate anemia can present as a drop in performance. If the anemia is severe the mucous membranes can become pale. In horses anemia is divided into infectious anemia (*Theileria equi* or *Babesia caballi*), the causative agents of piroplasmosis. However, there are many other causes of anemia. If you think your horse may be affected, your veterinarian will perform a blood analysis to make a treatment plan.

[See Piroplasmosis](#)

PASSION & PERFORMANCE

EQUISTRO®



HAEMOLYTAN®

THE ENERGY SOLUTION!

Composition

- Iron
- Trace elements
- Vitamins
B1, B6, B12, K3

Recommended dose

10 to 15 ml/day
for horses



Strengths

- 1 For cases of fatigue and/or decline or irregularity of performance in the sport horse, during training or competition. Also suitable for use when horses are recovering from illness.
- 2 Rich in iron, vitamin B12 and vitamin K3, HAEMOLYTAN® can be used at the beginning of the season to maintain energy levels during an increase in workload, or when the horse is going through a period of increased work throughout the season.
- 3 Helps to provide the necessary elements for the synthesis of red blood cells and therefore to aid recovery after periods of intensive effort or during critical periods.



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A LIKE ARTHROSIS

Arthrosis is a degenerative condition of the articular cartilage, the typical presentation of which is chronic lameness. It is the first cause of retirement of sports and leisure horses. Once lesions due to arthrosis appear, they are irreversible. However, a number of treatments can help manage this condition and keep the horse comfortable and in work. Amongst these treatments, non-steroidal anti-inflammatories (NSAIDs) can be used if the condition is exacerbated. Horses suffering from arthrosis can also benefit from specific shoeing and phytotherapy treatments. Medical research is developing new therapies called – regenerative medicine – these may be available in the upcoming years.

See lameness



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ARTPHYTON®

A CONCENTRATION OF DEVIL'S CLAW

Composition

- Plants (Harpagophytum, horsetail...)
- Glucosamine

Recommended dose

100 to 150 g/day
for horses



Strengths

- 1 Complementary feeding stuff rich in devil's claw and glucosamine, to help maintain comfort in sensitive joints.
- 2 Especially recommended for older horses in need of extra mobility and joint support.



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B

LIKE BONE SPAVIN

Osteo-arthritis of the hock is commonly called spavin. It manifests itself by chronic mild lameness of the hind limbs. In most cases, it is bilateral. Horses that are the most affected are those who perform in show jumping, western riding and those that have conformation abnormalities in the hind limbs. In more severe cases a deformation and enlargement of the hock can be seen, however often only x-rays will show the new bone.

See arthrosis and lameness



C LIKE CHOKES



Choke, also known as esophageal obstruction is caused by the impaction of food in the esophagus. Signs of this condition are nasal discharge containing food or a lump on the left side of the neck (where the esophagus passes). Treatment consists of resolving the impaction by passing a naso-gastric tube and passing tepid water to gradually break up the blockage. Esophageal impaction is often caused by rapid ingestion of concentrates. You can slow down the speed at which the horse eats by adding a salt rock in the feed container. Choke is also frequent in older horses that have trouble chewing properly. It is important to get your horse's teeth checked every year.

C

LIKE COLIC

Colic is a word used to describe the syndrome of abdominal pain, regardless of its cause. Most commonly this is caused by gastro-intestinal pain (small intestine or colon), but can also be gastric or ovarian. Clinical signs of colic are: pawing, flank watching, rolling, sweating and often not passing any manure. If your horse is showing signs of colic you should put a muzzle on to prevent him from eating and keep him walking round. Sometimes a mild anti-spasmodic drug can be administered. Most colics resolve with medical treatment however some may require surgery in specialized hospitals.



D LIKE DIARRHOEA

Diarrhoea is defined as the increase of frequency and decrease in consistency of manure. Two main types of diarrhoea are differentiated: acute (over the course of a few days) and chronic (more than 3 weeks). A sudden change in diet (turn out to pasture in spring) and parasitism are common causes of acute diarrhoea. The severity of the affection depends on the cause of disease, however determining the exact diagnosis is often challenging. One has to keep in mind that foals are at higher risk as severe diarrhoea can quickly cause dehydration.



E

LIKE EQUINE INFLUENZA



Equine influenza
is a highly
contagious

viral disease that usually affects young horses. It causes fever as well as coughing and nasal discharge. Vaccination against equine influenza is compulsory for horses participating in most competitions and clinics highly recommend it for all horses. The vaccine is often paired with the tetanus vaccine. The protocol is composed of two injections for the primo-vaccination separated by between 3 weeks and 3 months, followed by a booster at 5 months. Following boosters are performed every 6 months in young horses and should not be separated by more than a year.

See fever and strangles

F

LIKE FEVER

Body temperature is usually maintained between 37,5 and 38°C in adult horses. “pyrogenic” substances are those that are capable of causing an increase in body temperature. They can be pathogens (bacteria, virus) or molecules produced by the organism (cytokines). Infectious disease can cause fever as can some vaccines. Decreasing the temperature at all costs is not always beneficial as fever is a non-specific reaction that is part of the body’s defence mechanism. A rectal thermometer is used in horses. It is always a good idea to get your horse’s temperature before calling your veterinarian.

See piroplasmosis, equine Influenza



L

LIKE LAMENESS



Lameness is an abnormal gait of the horse. The severity of the lameness can be divided into 5 categories that go from grade 1 (inconsistent and difficult to identify) to grade 5 (non-weight bearing). Numerous pathologies of the locomotor apparatus can cause lameness. The key to successful treatment is to determine the precise location of the damage. To do so, veterinarians perform flexion tests and nerve/joint blocks: when the painful zone is desensitized the lameness will decrease in intensity. Imaging examination such as x-rays, ultrasound and MRI can then be done to identify the nature of the lesion and make a treatment plan.

See arthrosis, navicular, bone spavin, osteochondritis

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FLEXADIN UC·II

FOR FLEXIBILITY
AND LASTING JOINT HEALTH!



Composition

Undenatured
Collagen Type II
and antioxidants
(Mn and MSM)

Recommended dose

10 g/day



Strengths

- 1 Promotes mobility and flexibility using the horse's own metabolism to help prevent future joint problems and soothe stiff joints in cases of osteoarthritis.
- 2 The unique formula of FLEXADIN UC·II is particularly beneficial to top level competition horses and those in hard work, promoting lasting joint health and mobility.

« In Eventing, my horses' joints can be really vulnerable to big impacts and intense effort. I've found feeding them nutritional supplements can be necessary to keep them sound. I personally rely on EQUISTRO® and its unique product Flexadin UC·II for my horses' joint support. Since I've started my horses on Flexadin UC·II, I've noticed a real improvement in their joint mobility and comfort, even after very demanding events like Badminton! »

William Fox-Pitt, multi medalist in eventing, Vice World Champion 2014 WEG Caen



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L

LIKE LAMINITIS

Laminitis is a painful foot disease. It is the consequence of inflammation in the foot or vascular changes. In the long term, these changes can induce rotation and sinking of the third phalanx (P3).

In 90% of cases this is caused by metabolic disease (Cushings or Metabolic Syndrome). Overweight ponies are at particular risk. Acute laminitis is an emergency: the horse has to be placed on thick bedding, apply ice or cold water on the feet as much as possible and give anti-inflammatories. For chronic cases, the first thing to do is to implement a diet during the high risk periods (spring and autumn).



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CHRYSANPHYTON®

FOR OPTIMAL FOOT
QUALITY AND COMFORT



Composition

Chrysanthellum
americanum

Strengths

- 1 Complementary feeding stuff rich in flavonoids, to support and maintain a normal blood supply in the foot.
- 2 On their feet for up to 24 hours a day, healthy hooves are fundamental to a horse's comfort and health.

Recommended dose

2 x 20 g/day



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L

LIKE LYMPHANGITIS

Lymphangitis is characterized by inflammation of a limb, often recognizable by diffuse swelling. The horse is painful and is often non-weight bearing on the affected limb. Affected horses are often dull and have a fever. Lymphangitis is a dysfunction of the lymphatic system, most commonly secondary to a small injury or cut that allows bacteria to pass. This wound is not always identifiable amongst the generalized swelling. Spending time in wet fields and insect bites can also be causes of lymphangitis.

See fever and wound



PASSION & PERFORMANCE



ELIMINATION[®]

FOR A GOOD RECOVERY

Composition

- Dandelion
- Artichoke
- Orthosiphon

Recommended dose

50 to 100 g/day



Strengths

- 1 A feeding stuff containing dandelion, artichoke and orthosiphon especially formulated to help enrich the diet of the horse.
- 2 Following strenuous exercise, illness or medication, the horse's body produces toxins that can overload the liver and kidneys. These toxins are harmful to the horse's health and can affect performance. Equistro Elimination can help your horse dispose of waste materials, thus facilitating recovery



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L

LIKE LYME DISEASE

10% of ticks of the *Ixodes ricinus* species are carriers of Lyme Disease bacteria (*Borrelia burgdorferi*). They transmit bacteria to their hosts – humans, dogs, horses – during blood meals. The majority of horses that are contaminated do not present any clinical signs. When present, these signs tend to be quite subtle: dullness, moderate fever, stiffness. Other described symptoms are neurological signs, intermittent and changing lameness and eye problems (anterior uveitis). Diagnosis is made by identifying the infectious agent in the blood (serology or PCR). Pulling ticks off within the first 48h after the bite, can help decrease the risk of contracting the disease.

See uveitis



M

LIKE MELANOMA



Often called “grey horse tumors”, melanomas affect up to 80% of older grey horses, although they can also be found in individuals of all coat colors. Two third of melanomas are cutaneous and localized under the tail, around the vulva and anus, around the genital organs or on the head. Melanomas can also be found in the ocular tissues, in the mouth and nasal passages. The clear majority of lesions are benign to start with, but up to 30% of them can become metastatic. In early stages, surgery can be successful but when melanomas become too extensive, surgical removal often becomes impossible.

M

LIKE MUD FEVER



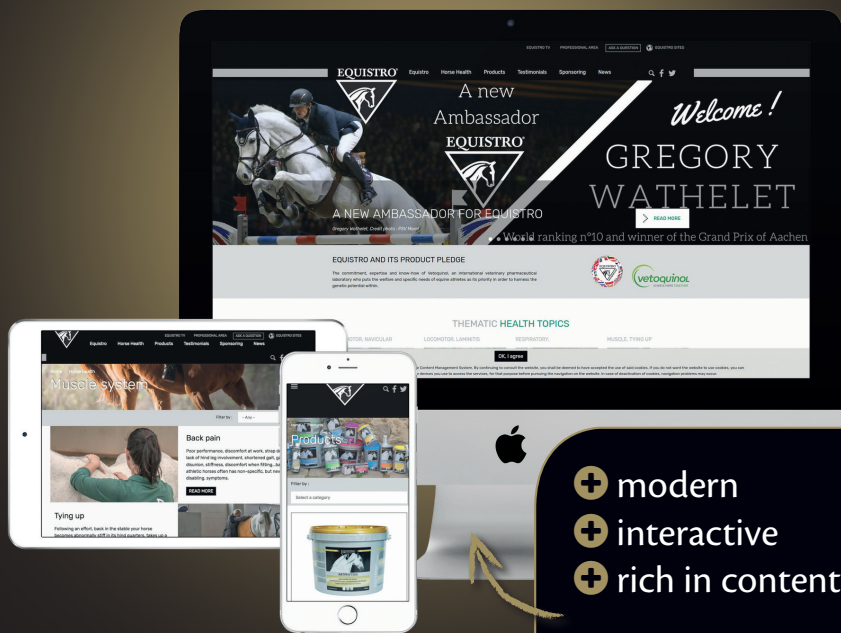
Dermatophilosis, more commonly called mud fever is a skin infection caused by a bacteria called *Dermatophilus congolensis*. Although the name is confusing, it is not a parasitic disease. This disease manifests itself by the presence of scabs and skin redness, most commonly found in the pastern region. They can be painful to the point of causing lameness. Treatment is simple: remove humidity, which is the main risk factor of this infection. We also recommend local care (cleaning, disinfecting, drying). You can apply greasy ointments on the sensitive areas as a means of prevention.

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NEW WEBSITE

The new website **equistro.com** offers you many articles on equine health issues, including **information and advice, educational videos** made by veterinarians and **testimonials** from our ambassadors.



Discover now
our new website equistro.com



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N LIKE NAVICULAR

Navicular syndrome or podotrochlear syndrome is a frequent cause of lameness coming from the foot. The lameness is chronic, bilateral and insidious. The diagnosis is usually made by x-rays. A number of structures of the foot can be affected:

- Articular: it is the articular aspect of the navicular bone (distal sesamoid bone) that is affected. This is the most frequent form.
- Tendinous: it is the zone in contact with the deep digital flexor tendon that is affected.
- Ligamentous: it is the zone of insertion of the ligament on the navicular bone that is affected.

Management of horses affected by this syndrome is based on judicious use of anti-inflammatories and adapted farriery.

[See lameness](#)



Find our complete article on navicular on equistro.com

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QUALITY AND COMFORT

Composition

Chrysanthellum
americanum

Strengths

- 1 Complementary feeding stuff rich in flavonoids, to support and maintain a normal blood supply in the foot.
- 2 On their feet for up to 24 hours a day, healthy hooves are fundamental to a horse's comfort and health.

Recommended dose

2 x 20 g/day



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O

LIKE OSTEOCHONDritis (OCD)



Osteochondritis Dissecans (OCD) results from a flaw in the ossification of the subchondral bone which leads to the presence of fragments in the joint. We know that unbalanced nutrition during growth periods is a risk factor. We are also aware of some genetic predispositions. The joints most commonly affected by OCD are, in decreasing order, the hind fetlocks, the hocks, the stifles and the front fetlocks. In very young animals (<1year old), one can opt for conservative treatment (rest and anti-inflammatories). Often, surgical removal of the fragments via arthroscopy is recommended and carries a good prognosis.

See lameness

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AND LASTING JOINT HEALTH!

Composition

Undenatured
Collagen Type II
and antioxidants
(Mn and MSM)

Strengths

- 1 Promotes mobility and flexibility using the horse's own metabolism to help prevent future joint problems and soothe stiff joints in cases of osteoarthritis.
- 2 The unique formula of FLEXADIN UCII is particularly beneficial to top level competition horses and those in hard work, promoting lasting joint health and mobility.

Recommended dose

10 g/day



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William Fox-Pitt, multi medalist in eventing, Vice World Champion 2014 WEG Caen



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P

LIKE PIROPLASMOSIS

Piroplasmosis is a vector-borne disease transmitted via tick bite. It is caused by intracellular parasites (*Babesia caballi* or *Theileria equi*) that destroy red blood cells which will eventually cause anemia. The acute form of piroplasmosis presents as marked hyperthermia, anorexia and dullness. The mucous membranes become jaundiced and the urine turns dark (hemoglobinuria).



There are also chronic forms of the disease with subtler clinical signs. Treatment consists of two intramuscular injections with a piroplasmocide drug 48h apart. Usually an anti-spasmodic is also administered to prevent the undesirable “colic like” effects of the drug.

See anemia and fever

PASSION & PERFORMANCE



HAEMOLYTAN[®]

THE ENERGY SOLUTION!

Composition

- Iron
- Trace elements
- Vitamins
B1, B6, B12, K3

Recommended dose

10 to 15 ml/day
for horses



Strengths

- 1 For cases of fatigue and/or decline or irregularity of performance in the sport horse, during training or competition. Also suitable for use when horses are recovering from illness.
- 2 Rich in iron, vitamin B12 and vitamin K3, HAEMOLYTAN[®] can be used at the beginning of the season to maintain energy levels during an increase in workload, or when the horse is going through a period of increased work throughout the season.
- 3 Helps to provide the necessary elements for the synthesis of red blood cells and therefore to aid recovery after periods of intensive effort or during critical periods.



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P

LIKE PUNCTURED SOLE



A punctured sole is when a sharp object penetrates the sole of the foot, the frog or the heels. Depending on the location of the puncture, different structures of the foot can be affected (third phalanx, navicular bone, navicular bursa, deep flexor tendon). The horse will show signs of intense foot pain as well as lameness, a warm hoof and an increased digital pulse. If the object is still in the foot, it should be left there until x-rays are taken (whilst avoiding any further penetration using wooden blocks). Treatment is based on anti-microbial and anti-inflammatory therapy, and sometimes surgery.

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TOP RIDERS FROM AROUND THE WORLD TRUST EQUISTRO®



Grégory WATHELET

No. 13 worldwide
Winner of the 2017 CSIO
Grand Prix of Aachen



Ingrid KLIMKE

Individual gold medal at the European
Eventing Championships 2017



Philippe ROZIER

Olympic team jumping
champion at Rio 2016



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R

LIKE RAO

Reccurent Airway Obstruction



Recurrent Airway Obstruction or heaves is a common disease in horses older than 9. The major clinical sign is a cough, that can be present at rest or when exercising. Nasal discharge and an increased respiratory effort can also be noted by the owner. These clinical signs are caused by the presence of dust particles and allergenic molds in the environment of the horse. Ideally, affected horses should live out in the pasture where the exposure to allergens is decreased. Hay that is given to the horse should be of the utmost quality. Incidents can be managed by the administration of steroidal anti-inflammatory drugs and bronchodilators. Long term treatment with phytotherapy can have interesting results.

Find our complete article on RAO on equistro.com

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SECRETA PRO®

FOR CLEAR BRONCHI!



Composition

- Plants (Licorice, Thyme, Burdock, Grindelia, Coltsfoot, Grape)
- Vitamin E

Recommended dose

- 10 to 20 g/day for horse
- 5 to 10 g/day for foal



Strengths

- 1 Respiratory support in horses with regularly congested bronchi. Recommended for horses that live in a dusty environment
- 2 Particularly recommended for horses requiring a clear airway and healthy respiratory system to optimise their well-being and performance.



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S

LIKE STEREOTYPIC BEHAVIOUR



Stereotypic behaviour is a sequence of behaviours that are repeated without any precise goal or function. It is an indicator of suffering, associated with stress or boredom. They are therefore particularly common in horses that live in a box. Stereotypic behaviours may be weaving where the horse sways on his front legs and windsucking where the horse pushes his incisors on to a hard surface, contracts his neck and swallows air. The response to this type of behaviour when it appears should be to optimise the horse's living conditions: unlimited hay distribution, if possible in double netted nets and being kept in sight and possibly in contact with other horses.

S

LIKE STRANGLES

Strangles is an infectious disease that is highly contagious. The pathogen is *Streptococcus equi*. Clinical signs are similar to those of the flu: fever, dullness and nasal discharge. Young horses are more at risk. A characteristic sign is the increase in size of the lymph nodes of the head, and this can develop until an abscess is formed. That is when pus can be found between the cheek bones. Spontaneous recovery without any long-lasting consequences is common but some horses are subject to more severe presentation of the disease with metastatic abscesses.

[See equine Influenza](#)



S

LIKE SUMMER EQUINE DERMATITIS



Summer equine dermatitis, often known as sweet itch, is an allergic dermatosis caused by a reaction to insect bites of the culicoid type.

It manifests itself by the presence of scabs on the mane, neck and tail. The clinical signs usually appear by the time the horse is three years old. There is a strong genetic predisposition and the disease is hereditary, you should therefore avoid breeding from horses that are affected. There is no specific treatment and no possible cure. From a prevention point of view, trying to decrease insect bites by turning them out only at times of days where the insects are less active, and most importantly with a full body rug that prevents insect bites.

EQUISTRO A COMPLETE RANGE TO MEET HIS NEEDS!

LOCOMOTOR SYSTEM

HEPATIC SYSTEM

NERVOUS SYSTEM

REPRODUCTION

VITALITY

MUSCULAR APPARTUS

RESPIRATORY SYSTEM

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EXERTION & PERFORMACE

SKIN, COAT, HOOVES

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vetoquinol
ACHIEVE MORE TOGETHER

T LIKE TENDINITIS

Sport horses are submitted to intense musculoskeletal stress and are particularly at risk of experiencing tendon injury.

When tendinitis is present, there is lameness and sometimes even a deformation of the limb at the level of the injury. It must be cared for adequately to minimize chance of repeat injury. Indeed, the scar tissue that forms is less elastic than the original tendon and is therefore more prone to injury.

Carrying out an ultrasound allows the vet to see the severity of the damage. Treatment is based on rest and rehabilitation to reduce inflammation. Rehabilitation take a prolonged period of time, it typically takes few months for the horse to return to its previous level of activity.

[See lameness](#)



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QUALITY AND COMFORT

Composition

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americanum

Strengths

- 1 Complementary feeding stuff rich in flavonoids, to support and maintain a normal blood supply in the foot.
- 2 On their feet for up to 24 hours a day, healthy hooves are fundamental to a horse's comfort and health.

Recommended dose

2 x 20 g/day



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T

LIKE TYING UP (MYOSITIS)

Myositis also called “exercise rhabdomyolysis” consists of the brutal destruction of muscle fibers. It translates into intense muscle cramps, unwillingness to move, signs of colic and profuse sweating. The pigment contained within the muscle fibres are released and are excreted in urine, which becomes very dark in color. Myositis is an emergency that requires veterinary attention.

Myositis is often caused by a mismatch between training and the intensity of the effort that the horse is asked to perform. Inadequate nutrition can also play a role. We now know that a genetic predisposition exists in some types of horses – called PSSM (Polysaccharide Storage Myopathy).



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EXCELL E®

FOR OPTIMAL
MUSCLE FUNCTION



Composition

- Vitamine E
- Organic selenium
- Magnesium
- L-Lysine

Recommended dose

- 20 ml/day for horse
- 10 ml/day for foal



Strengths

- 1 Dietetic complementary feeding stuff for horses that contains a bioavailable complex of vitamin E, organic selenium, magnesium and L-lysine.
- 2 Particularly recommended to help maintain healthy muscle function and integrity and for assisting horses following an increased demand relating to muscular exertion and tension.



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U

LIKE ULCERS

Gastric ulcers are frequent in horses. The clinical signs are subtle and often go unnoticed: aggressivity when girthing, picky appetite, low grade recurrent colic. Establishing the diagnosis with certainty relies on gastroscopy, which allows the vet to see the ulcers and grade their severity.

There are many factors that can exacerbate stress and upset the balance of the stomach; a competition or transport can be enough to cause ulcers. To avoid them, prioritise turning your horse out or giving an unlimited amount of hay. Treatment is based on administration of an acid inhibitor or proton pump inhibitors, to which gastric coating protectants, aloe vera or phytotherapeutic substances may be added.

See colic



NICOLA ACCIARDINO/FOTOLIA

U

LIKE UVEITIS

The uvea is the area of the ocular globe that encompasses the iris, the ciliary body and the choroid. When it is inflamed it is called uveitis, this condition is relatively common in the horse. The clinical signs of a uveitis crisis are those of ocular pain (blepharospasm, photophobia, conjunctivitis, ocular discharge and myosis). Some infectious diseases like Lyme disease or leptospirosis can be the origin of uveitis in horses. Subsequent complications can be severe as they are the main cause of acquired loss of vision in the horse. Recurrent isolated uveitis is a vice, it is therefore checked for during a pre-purchase examination.

See Lyme disease



W

LIKE WOUND



OSETRINK/FOTOLIA

Lacerations and wounds are very common in horses, a sensitive animal, prone to reacting strongly if they are scared or surprised. If there is a wound, the first reflex to have is to assess the extent, the depth and the severity of the laceration. You should clean the wound, ideally with a clean, low pressure water jet in order to remove any foreign bodies or gross contamination. Small superficial wounds are usually heal without further complications and can be managed with basic cleaning, disinfection and ointments. Wounds that need immediate veterinary attention include when the horse is non weight bearing on one limb or if the wound is close to a tendon or joint, regardless of its size.

See anemia and fever

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EQUISTRO THE VETS' PARTNER



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EQUISTRO®, WITH CONFIDENCE!



Veterinary know-how

- Designed and manufactured by the veterinary laboratory Vetoquinol, EQUISTRO® products benefit from the expertise of an international group, focused on animal health.



A range specifically developed for the needs of your horse

- Premium quality raw ingredients.
- Formulas supported by scientific data.

The best riders in the world choose EQUISTRO®



EQUISTRO® Official Supplier of French Riding Teams

- 2 gold medals won at Rio 2016 Olympic Games



The exclusivity of the independent European certification FAMI QS

- Traceability of raw materials.
- The control and monitoring of our various suppliers.



Non-doping product safety

- All manufactured batches are routinely sent to the Horse Racing Laboratory (LCH) for analysis.

“ Made in France ”

- Our supplements are manufactured in our production centre based in Tarare (69).



Advised by your veterinarian, acclaimed by the champions!

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ACHIEVE MORE TOGETHER