



Preparing your horses for the New Year

It's not too early to schedule and plan ahead for your horse's routine vaccinations, updated Coggins, dentals, and fecals! Call us at **804-784-5419**

Introducing and Re-Introducing our staff!

Dr. Doug Daniels, assisted by Jessie
Dr. Lindsay Neist, assisted by Paige and Emma
Dr. Laura Patteson, assisted by Taryn
Dr. Shawn Devaney, assisted by Abi
Dr. Madison Bolin
Brenda Blevins
Karen Fowler
Claire Rada
Margaret Long
Jose Sanchez

Virginia Equine cares about the welfare of horses in our community!



Dr. Doug Daniels is the current president of the National Horseman's Benevolent and Protection Society. The NHBPA is focused on the betterment of racing on all levels, having a membership in excess of 29,000. They operate on behalf of all thoroughbred racehorse owners, trainers, and backstretch personnel, and have they describe their mission: "We are committed to the future of horseracing; we are horsemen who have one horse and a dream; -we are horsemen who spend millions of dollars; -we are horsemen who race throughout the country; -we are horsemen who represent different breeds of racehorses; - we are owners, breeders, and trainers big and small, young and old, from one end of the country to the other. We horsemen are the HBPA; we are horsemen helping horsemen."

Thank you, Doug, for being a powerful voice for the safety, welfare and advancement of thoroughbred racing in the United States and Canada.

Karen Fowler is the immediate past president of the James River Horse Foundation. The foundation works in collaboration with the department of corrections to rescue at-risk former racehorses, and provide job training and life skills to a select group of inmates. It boasts the lowest recidivism rate in the United States! There are currently 25 horses in the herd, with up to 8 participants at a time, and this year the program celebrates its 15th year. Over 200 inmates have completed the program. For more information, see www.JamesRiverHorses.org, and support and sponsorships are always needed and welcome. They are located on the grounds of State Farm work center in Goochland County, Va. Thank you, Karen, for your commitment and dedication to the horses, inmates, and volunteers!



Margaret Long is a board member of the Connemara Pony Rescue and Retirement Foundation. The foundation seeks to provide a soft landing for Connemara ponies whose owners can no longer care for them, as well as for retirees within the breed. At present, there are 8 horses in the herd. In addition, the foundation helps organize the supportive response to connemaras potentially in need of rescue within the US.



Lindsay Neist, DVM, helps support the passion of students for veterinary medicine. With less than 5% of vet school graduates choosing equine practice, growing the vets of the future is keenly important. Lindsay has provided ride-along days and internship experiences for many young potential vets for over a decade. In fact, all of our vets do ride-alongs from time to time! It's an extremely important service as we grapple with how to have enough equine vets to care for our horses in the future.

Some of the other ways we support the local equestrian community:

- Deep Run Hunt Club - Virginia Equine sponsors the all-showgrounds pizza night.
- Deep Run Horseshow Association - Virginia Equine volunteers as show Vet.
- Talley's Mill Farm Children's Horse Camp - presenting Veterinarian
- Virginia Dressage Association Silent Auction contribution
- Deep Run Hunt Pony Club Camps - presenting Veterinarian
- Stillmeadows Farm Training Center Camps - presenting Veterinarian
- James River Equestrian Center Camps - presenting Veterinarian
- Level Green Riding School Camps - presenting Veterinarian
- Goochland High School Future Farmers of America - Ag Careers Expo

The Latest Orthobiologic Therapies to treat Lamenesses by Lindsay Neist, DVM and Laura Patteson, DVM

When Pro-Stride, PRP or a2M Should be Considered

Pro-Stride and PRP (platelet-rich plasma), as well as a2M are now available and allow us to move beyond the more traditional tools of non-steroidal anti-inflammatories (NSAIDs) and steroid injections for joint pain. In general, PRP has a more regenerative effect, A2M has an anti-inflammatory effect and Pro-Stride has both regenerative and anti-inflammatory properties.

What are these products? Pro-Stride, PRP, and a2M are ALL harvested from your

"Spring" Vaccinations

It is not too early!!! Calling our vaccinations spring and fall is not the best way to refer to them.... All equine vaccinations except rabies and botulism require a 6 month booster. Additionally, many of them are seasonal and vector borne so if we can protect our horses before those vectors blossom, it is the best time. With this in mind spring vaccinations can be anytime from January-May and boosters given six months later in June-November. Check your last set of vaccinations and schedule accordingly. If you are looking into an early booster for Potomac Horse Fever or West Nile Virus you may consider shifting your fall vaccinations to "early" as well. There is no increased risk to vaccinating your horse at a 4-6 month interval.

horse's blood, and processed via centrifugation, to extract specific blood components. The processing procedure typically takes about 20-30 minutes and is conveniently performed on-farm / stall side. These blood components are concentrated into a small volume of what has been described as "anti-inflammatory soup". PRP contains growth factors (to promote healing). - stimulating the production of new healthy cells within a given tendon/ligament or joint. Pro-Stride contains the growth factors from PRP but also goes through an additional spin, which activates the interleukin receptor antagonist proteins that decrease inflammation. Because Pro-Stride is both regenerative and anti-inflammatory, it is typically preferred to treat joints with this versus straight PRP. A2M is a much larger molecule that engulfs (wraps itself around) the harmful inflammatory proteins in the joint and then removes them from the joint. Because it works in this way it has a very rapid anti-inflammatory effect (peak effect at 72 hours) but has less lasting effects on the joint. Therefore it is often preferred when there is an acute injury to the joint. Another benefit of the A2M is that we are able to get a much larger volume of product from each spin; meaning it is a more affordable way to do multiple joints.

Steroids are still a very important treatment option and sometimes are used in conjunction with these biologic agents. However, they are very good and long lasting anti-inflammatory agents but do not have any "healing" properties. Also the regenerative products have less potential side effects than traditional steroids. Some of the older patients may have underlying disease like PPID (aka Equine Cushing's disease) and are at risk of developing laminitis following joint injections with steroids. In these cases even horses with controlled PPID, a steroid-free Pro-Stride injection is a much safer alternative. This "soup" contains many natural anti-inflammatory proteins (cytokines & growth factors) that can be administered into joints or soft tissues to help fight inflammation and repair tissue or joints. These products are injected into the area of interest (joint or tendon) just like any other time we inject a joint.

While steroid injections can be very helpful in managing mild-moderate OA or cases of severe short-term inflammation, repeated use over time can lead to decreased joint health and cartilage breakdown. Steroids decrease inflammation through a complex physiologic cascade to make your horse



Pro-Stride after the first centrifugation of serum. At this stage, the dark red portion is platelet rich plasma or PRP. The yellow portion is platelet poor plasma, which could be further filtered to yield a2M.



Pro-Stride after the second centrifugation of plasma: This is the fraction that gets injected.

feel more comfortable for anywhere from months to years. Unfortunately, steroids do not address or heal the underlying condition or joint environment. Pro-Stride and PRP affect inflammation differently, reducing the long-term risk of weak cartilage and improving joint health. For this reason, Pro-Stride is a preferred treatment in athletic horses that are injected once or twice a year for maintenance and competitive soundness. Pro-Stride can also be an important tool for treating sudden onset joint injuries or joints that have undergone surgical intervention.

On the opposite end of the spectrum, some horses have such severe OA that steroid injections only seem to relieve pain and lameness for a few weeks to a few months. For such cases, a regenerative biologic is preferred to a steroid to repair and improve the joint environment which hopefully reduces inflammation over time. Some of the older patients may also have underlying diseases like PPID (aka Equine Cushing's disease) and are at risk of developing laminitis following joint injections with steroids. In these cases, even horses with controlled PPID, a steroid-free Pro-Stride injection is a much safer alternative.

Competition season is coming! To discuss the potential value of Pro-Stride, PRP and a2M for your horse, give the office a call at 804-784-5419 and ask for Dr. Neist or Dr. Patteson.



LEGGING UP FOR SPRING WORK: WALKING!

What is the best way to prepare for the coming riding and showing season? A long, slow buildup of activity should be your goal, building fitness through walking. It is a lower level of stress on the body, encourages relaxation. You should be walking with purpose, not just ambling along on the buckle, to build fitness. As your walking time increases, slowly start to add trot and canter work, but the foundation can come from the walk.

Dr. Neist and Dr. Patteson



Would you know Foxtail if you saw it in your hay? Compare the green, summer photo of the seedpods to the dried out, spiky version you are looking for - but never want to see - in your hay.



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