



PALM BEACH EQUINE CLINIC

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The 411 on Shipping Fever

The height of travel season is upon us and horses will soon be traveling throughout the U.S. and beyond for winter competition. Some horses don't fare well during a long trip, be it heading south for the winter or across the state to traverse new trails.



Horses can often develop a pulmonary disorder associated with transport called shipping fever. Researchers have shown that these horses' stress response is at fault, causing adrenocorticotropic hormone (ACTH), glucose, and white blood cell levels to rise. Higher ACTH levels lead to increased secretion of cortisol, known as the stress hormone. The longer the horse's transit time, the greater the stress response, potentially resulting in pneumonia and pleuropneumonia.

Clinical signs of fever and increased respiratory rate usually appear within 24 to 72 hours after shipment. Veterinarians can often resolve this by administering non-steroidal anti-inflammatories (NSAIDs). However, at this point, diagnostic tools are key for differentiating between a mild shipping fever and pleuropneumonia, the latter of which can escalate quickly.

Once diagnosed, your horse's initial treatment plan will include the following therapies:

- NSAIDs - A regular NSAID dose will help control fever. This should be split throughout the day (e.g., every six to 12 hours, depending on severity) to maintain a consistently normal temperature.
- Antibiotics - Your veterinarian should administer broad-spectrum antibiotics empirically (based on what has worked for them in the past for similar cases) until they receive culture and sensitivity results from the lab. Most bacteria in pleuropneumonia are a mixture of aerobic and anaerobic (requiring oxygen to survive vs. not requiring it) bacteria, which makes the use of broad-spectrum antibiotic and metronidazole key in treatment. Ideally, metronidazole should be administered orally; however, a per rectum dose is appropriate if the horse is off his feed. Note that this dose is much higher than the oral dose due to less effective absorption.
- Intravenous (IV) fluid therapy - Horses that aren't drinking or are already dehydrated need IV fluids. Rechecking PCV daily will help determine how long to continue fluids.

As with everything veterinarians treat, prevention is key. To avoid shipping fever, offer your horse plenty of water and low-dust hay during the journey and ensure he has adequate ventilation. Allowing the horse to lower his head periodically during shipment has been shown to decrease shipping fever risk. Some owners might choose to have their veterinarians administer IV fluids prior to trailering to prevent dehydration stress, especially in horses that do not usually drink when trailered.

Want to find out more? See the The American Association of Equine Practitioners (AAEP) Forum article in the October 2017 issue of The Horse magazine authored by PBEC's own Dr. Samantha Miles!



On the Job

Check out this behind-the-scenes look at PBEC's own Dr. Weston Davis performing Equine 'Shock Wave' Therapy!

Extracorporeal shock wave therapy (ESWT) is a non-invasive way of treating musculoskeletal problems, soft-tissue injuries, and bone injuries in horses. ESWT is used to stimulate healing and return horses to competition and activity without recurrence of disease



PBEC Pharmacy Product Feature:

EQUI-BLOOM

EQUI-BLOOM is a highly stable, flavored OMEGA-3 fatty acid supplement for horses. It improves hair coat, body condition, and expression of estrous behavior. OMEGA-3 fatty acids have been demonstrated to be anti-inflammatory and to increase pregnancy rates and sperm production. Additionally, vitamin A, vitamin E, selenium, and zinc are included in EQUI-BLOOM to replace any deficiencies in the diet.



Ask your veterinarian about EQUI-BLOOM, or [click here](#) to contact the PBEC pharmacy.

Meet PBEC Veterinarian Dr. Meredith Hustler

Dr. Meredith Hustler is one of the newest additions to Palm Beach Equine Clinic, having joined the team in June of 2017. Originally hailing from New Jersey, Hustler completed her undergraduate degree in Equine Science at Centenary College while simultaneously riding as a member of their Intercollegiate Horse Shows Association (IHSA) team. Hustler then graduated from the Ross University School of Veterinary Medicine in 2016. Learn more about Hustler here:

What is your background with horses?

Both of my parents are ministers, so I come from a non-horse family, but I begged my mom for riding lessons as a kid. From there, I got involved in the show jumping community in the Ocean Grove, NJ, area where I was growing up. I stayed in the show jumping world up until I became a veterinarian. I worked as a rider and an FEI groom for various professionals, including about seven years with Gabriella Salick, a show jumper from the West Coast. With Gabby, I had the opportunity to take care of her horses at World Cup Finals, the Olympic trials, Spruce Meadows, and top horse shows all over the country. She really taught me how to be a good horseman too, which I think has been really invaluable to me now as a veterinarian.



[Click here to learn more about Dr. Hustler!](#)

Palm Beach Equine Clinic Offers Alternative Equine Medicine to Optimize Sport Horse Performance

Palm Beach Equine Clinic (PBEC) is proud to offer premier services in both conventional and alternative sport horse medicine. While PBEC offers innovative veterinary services with the assistance of state-of-the-art diagnostic tools and surgical equipment, they also offer several alternative therapies, including chiropractic manipulation, and acupuncture.



From trusted trail horse to Olympic athlete, PBEC is committed to providing exceptional care to horses of every discipline at every level. PBEC's mission is to keep its equine patients happy, healthy, and performing at their best. With this in mind, alternative medicine can be used to optimize health and increase the longevity of a performance horse's career.

[Click here to read more!](#)

MONTHLY PRODUCT GIVEAWAY

There is still time to win the Palm Beach Equine Clinic Monthly Giveaway! At the beginning of each month, PBEC will announce a special prize that will be given away. Participants will have the whole month to register [HERE](#). At the end of each month, we will draw a random winner and announce the winner on Facebook.

The prize for October is a **PBEC Anti-Anxiety Package**. The package includes:

- A tube of Ulcer Guard
- Two tubes of Trouble Free by Kentucky Performance Products
- 10 count box of Confidence EQ by Bimeda
- One bag of T.H.E. Equine Edge calming cookies



Product Details:

ULCERGUARD

ULCERGUARD contains formulated omeprazole that blocks acid production at its source – the acid pump. And one dose lasts 24 hours, making it easy to administer, even at shows.

TROUBLE FREE

Trouble Free is scientifically formulated to support proper nervous system function and help your horse maintain a more confident, focused, and relaxed disposition.

Confidence EQ

ConfidenceEQ® is designed to help reduce stress in horses by using the natural pheromone communication. It replicates the soothing signals a mare sends to the nursing foal, effectively alleviating fear.

Calming Cookies

Calming Cookies contain a blend of natural vitamins, minerals and amino acids to improve general health and well-being. L-Tyrosine is used to produce the neurotransmitter serotonin, which helps a nervous or anxious horse to focus and feel confident without affecting the ability to compete.

[Sign up to win today!](#)

Unparalleled Excellence in Equine Sports Medicine and Surgery

About Palm Beach Equine Clinic

The veterinarians and staff of PBEC are respected throughout the industry for their advanced level of care and steadfast commitment to horses and owners. With 28 skilled veterinarians on staff, including three board-certified surgeons, internal medicine specialists, and one of very few board-certified equine radiologists in the country, PBEC leads the way in new, innovative diagnostic imaging and treatments. Palm Beach Equine Clinic provides experience, knowledge, availability, and the very best care for its clients. To find out more, please visit www.equineclinic.com or call 561-793-1599. "Like" them on [Facebook](#) to follow along on what happens in Wellington and more, and get news from their [Twitter!](#)

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