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Meet the Palm Beach Equine Clinic Team: Dr. Karen Beste

Dr. Karen Beste joined the Palm Beach Equine Clinic team in January 2023. Dr. Beste is a board-certified large animal surgeon. Keep reading to learn more about Dr. Beste and her background as a veterinarian.

Where did you grow up and what is your background with horses?
I grew up in a small town in north Texas called Double Oak. My father loved horses. His parents had a small property with several horses and a Shetland pony that I learned to ride on. We were involved with the Lewisville Saddle Club and went to "playdays" together throughout my childhood where I learned how to barrel race and compete in speed events. During this time I started to train my own horse named Buck. I joined the Marcus Rodeo Team and competed in high school rodeo for four years with Buck who took me to the finals for pole bending my senior year. In college I switched gears and joined the Texas A&M University polo club my freshman year. I quickly fell in love with the game, and through a lot of hard work I made the polo team my sophomore year. During my senior year I went on to be the team captain.

When and why did you decide you wanted to become a veterinarian?
I decided I wanted to be a veterinarian at a very young age. When one of our horses became injured and ultimately had to be euthanized despite surgical intervention efforts I knew I wanted to be able to help horses as a career. In third grade I wrote a book describing how I wanted to go to Texas A&M University in order to become a veterinarian, and I followed my dream.



Dr. Karen Beste
Photo courtesy of Dr. Karen Beste

What is some advice you would give someone who wants to become a veterinarian?
I would recommend they spend as much time as they can with a veterinarian. It is important to understand the commitment that is required and how rewarding it can be working on animals that people not only compete on but truly love as members of their family.

What aspects of equine medicine interest you most, and what types of cases do you find most rewarding?
As a surgeon, I am obviously interested in being in the operating room and helping horses in emergency situations or with routine surgery. I find the most joy in watching a horse I have been involved with have a good outcome in the show ring following surgical intervention.

What is something interesting people may not know about you?
The most exciting animal I have done surgery on was a baby bongo!

Equine Back Pain Causes and Solutions With Dr. Sarah Allendorf



Dr. Sarah Allendorf describes what causes back soreness in horses, how it is diagnosed, and what can be done to alleviate the discomfort.
Photo by Jump Media

Consider this: our horses balance their weight on four legs, yet when we ride them we are putting weight and strain on the largest part of their bodies that do not have direct support – their backs.

If you've ever strained or "thrown out" your back, either from lifting a heavy object or in an accident, then you know that back pain is debilitating. If you were a horse in such discomfort, you would be cranky, not move as well, resist in the reins, tense up the back, and get "girthy," all to alert your human that all is not as it should be.

Back soreness in horses is common, especially in performance horses such as racehorses, dressage mounts, jumpers, eventers, or reining horses. In the veterinary field, it is considered a multifactorial disease with multiple causes, which makes it doubly difficult for both owner and veterinarian, Dr. Sarah Allendorf explained.

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PBEC Service of the Week: Regenerative Medicine

Palm Beach Equine Clinic veterinarians employ regenerative therapies to encourage the horse's body to self-heal through stimulating naturally occurring biologic processes. Used to treat and/or prevent joint disease and soft tissue injuries, regenerative therapies offer a method of targeting and impacting the inflammatory response without the use of steroids that may have long-term negative effects on cartilage with repeated, frequent usage. Additionally, many regenerative therapies allow horses to return to full training and competition faster with a shorter window of drug detection than traditional intra-articular steroids. Regenerative medicine is an area that is actively being researched and improved upon in human and animal medicine.

Regenerative Medicine Offered by Palm Beach Equine Clinic:



PRP can help improve healing mechanisms.
Photo courtesy of PBEC

Platelet Rich Plasma (PRP): PRP is a blood-derived biologic agent that contains a concentration of platelets and seven fundamental growth factors that accelerate tissue healing. PRP is useful for treating a variety of injuries such as wounds, tendons, ligaments, and nonhealing fractures. To form PRP, the veterinarian draws blood from the horse and processes it in a centrifuge which returns a concentrated solution of platelets suspended in plasma. This solution can be injected into an affected area to stimulate growth factors that will enhance and accelerate the body's own healing mechanisms.



IRAP helps block the cycle of inflammation in the horse's joints.
Photo courtesy of PBEC

Interleukin-1 Receptor Antagonist Protein (IRAP) / Autologous Conditioned Serum (ACS): IRAP is an autologous (self-derived) conditioned serum containing concentrated amounts of the anti-inflammatory protein Interleukin-1 Receptor Antagonist Protein. In a healthy joint, interleukin-1 (IL-1) and interleukin-1 receptor antagonist (IL-1Ra) have balanced concentrations. In cases of osteoarthritis, there is insufficient IL-1Ra production to block the destructive effects of the increased IL-1. This results in inflammation, joint pain, and eventual cartilage destruction. IRAP works to counteract these destructive effects by blocking the cycle of inflammation in the horse's joints.



Stem cell therapy is a valuable treatment option for horses with tendon or ligament injuries.
Photo courtesy of PBEC

Stem Cells: Stem cells are essentially 'blank slate' cells that have the potential to differentiate into nearly every type of tissue, such as tendon, ligament, bone, cartilage, and muscle. Stem cells are collected from bone marrow or adipose (fat) tissue and processed in a laboratory. Once the cells have been cultured and multiplied, the veterinarian will inject them into an affected area to allow the body to heal with decreased production of scar tissue. Stem cell therapy used early after an injury can promote more advanced fibers in tendons or ligaments to result in stronger, healthier tissue.

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PBEC Photo of the Week From the Winter Equestrian Festival



Photo by Sportfot

Catch Up With PBEC on Instagram

Do you WANT the ability to choose the sex of your foal?



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pbequineclinic Thinking about TVA-ICSI for your mare but you're still on the fence? Would it change your mind if you were able to choose the sex of your next foal? 🐾 We are very excited to announce that Palm Beach Equine Clinic's Advanced Reproduction Center will be accepting stallions for sex-sorted semen collections. 🐾 Stallion owners will now be able to choose the sex of the frozen ICSI doses of semen. Contact the office today at 561-793-1599 to learn more about this exciting opportunity. 🐾

Palm Beach Equine Clinic Works With AcutePlus



AcutePlus is a veterinary Wellness Membership Plan offered through Palm Beach Equine Clinic. The program is designed to give veterinarian practices a way to create a customized annual plan that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

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