

Equine First Aid Presentation by Seth Kaplow, DVM

~By Sue Koval

Dr. Seth Kaplow gave a fascinating and instructive presentation about equine first aid to members and guests of the The Horsemen's Association of Millstone Township on April 18th, 2006.

Dr. Kaplow's presentation was geared towards practical treatments the horse owner could employ to help an injured horse prior to the vet's arrival. The first thing to do – stay calm! In his presentation, Dr. Kaplow described what to do in case of heat stroke, traumatic injury, various types of wounds, and colic. He also provided advice on probiotics, a pro-active treatment for equine health.

Heat stroke can result when we are too hard on our horses – for example, riding hard early in the season before the horse has had a chance to adjust to the increased workload. When a horse is overheated, frequently the first thing the rider does is hose the horse down. Dr. Kaplow pointed out that this is the worse thing you can do! It chills the horse and creates imbalance in his body. Instead, cool the horse by putting ice packs on his head or spraying only his head with the hose. As the head cools, the brain "tells" the body that it is okay to cool off. Once the horse is stable, you can now gently sponge his body to cool off the rest of him.

Traumatic injury results from deep cuts or kicks. This type of wound must be sutured within 4-6 hours (the "golden period"), because as the edges dry, the wound swells, and it becomes very difficult to stitch the edges back together. In order to extend the golden period, flush the wound with water, preferably cold salt water. Use about 1 tsp. of salt in a quart of water, and splash the wound with the water. Salt water is preferred because the body is made mostly of salt water and using it helps to maintain the

right amount of water in the horse's body. The key is to keep the wound moist – don't let it dry out.

Another way to maintain the tissue before the vet arrives is to gently clean it with pure soap such as Ivory or Kirk's Castile. Pure soap is antibacterial and antifungal. Dr. Kaplow pointed out that using Betadine or Chlorhexadine will kill a layer of cells – and then these dead cells must be cleared by the body before the wound can heal.



HAMT President Bob Bailey & VP Manny Blanco present Dr. Seth Kaplow with a certificate of appreciation.

For deep, bleeding wounds Dr. Kaplow emphatically stated DO NOT use a tourniquet unless you are trained in its use. The most important thing is to apply pressure to the wound, but remember that the wound must also be kept moist. Wet a towel with salt water, then wrap it around the wound with gauze. If the bleeding continues, add another towel. If the wound is on the side of the body, hold the towel by hand and apply manual pressure.

For puncture wounds, it is important to flush the wound immediately to remove any dirt that entered the tissue. Because puncture wounds seal, the type of bacteria

that thrive in them are anaerobic bacteria ("oxygen-hating"). Thus, the best treatment for this type of wound is peroxide (H₂O₂). As peroxide fizzes, it releases water, and an oxygen molecule that kills the bacteria.

On the other hand, peroxide is like candy to a superficial wound, because this type of wound is populated with aerobic ("oxygen-loving") bacteria. Therefore the best treatment for a surface wound is to smother it with ointment in order to prevent oxygen from reaching the bacteria.

Colic is the #1 killer of horses, and Dr. Kaplow explained that this is due to the "design flaws" in horses. For example, humans have mesenteries which tie our gut down, but this is not true in horses – they have "floating guts," and thus sometimes the gut will twist. (Note that rolling does NOT cause these twists.) Horses produce a lot of gas as they digest their food, and when the horse is not digesting its food properly, gas may form in a loop of the bowel and cause it to twist. Be alert to the silent gut – the non-moving gut is the one that will allow a layer of bowel to float and twist. When a horse colics, call the vet! Be calm and don't allow the horse to hurt himself (or you!), and keep him moving.

Dr. Kaplow finished his presentation by discussing several probiotics that are good for weight gain and weight maintenance, and also help reduce the risk of colic. These include freeze-dried gut bacteria and yeasts, Fat-Cat, Probios, Digestit, beet pulp, and psyllium.

Attendees left Dr. Kaplow's presentation with increased confidence about how to take care of their equine friends in an emergency. ***

Tips for Safe Horseback Riding on Roadways

~ By Bob Bailey

New Jersey Statute R.S. 39:4-72 states: When approaching or passing a person riding or driving a horse, a person driving a motor vehicle shall reduce the vehicle's speed to a rate not exceeding 25 MPH and proceed with caution. At the request of or upon a signal by putting up the hand or otherwise, from a person riding or driving a horse in the opposite direction, the motor vehicle driver shall cause the motor vehicle to stop and remain stationary so long as may be necessary to allow the horse to pass.

One of the most important things to know when riding/driving a horse on or near a roadway is the above-mentioned law which was created to protect horse and equestrian. The equestrian has the right to signal a motor vehicle to stop. You also have the right to have a summons issued to a motor vehicle driver who ignores your hand signals or does not adhere to the 25 MPH requirement. The following are helpful tips to make that ride safe and pleasurable:

- Wear an ASTM approved riding helmet.
- Wear brightly colored clothes.
- Avoid riding alone.
- Walk.
- Ride during daylight hours.
- Let fellow riders know when a motor vehicle is approaching.
- Avoid riding when road surface or shoulder is slippery.
- Ride facing traffic on the left side of the road.
- Do not "hog" the road when riding with companions – ride in a single

file on the shoulder of the road with an experienced rider at the lead.

- Be sure your horse is comfortable riding on roads and is used to moving cars, horns blowing, etc.
- When approaching other riders, do so at a walk.
- When approaching a hazard such as a parked car, stop traffic or wait for traffic to clear before proceeding around the hazard.
- If riding with an inexperienced rider or horse, ride two abreast with the experienced rider nearest the center of the roadway. If there is not sufficient space to ride two abreast, then the experienced rider should lead. ***

Memorial Day Parade

~ By Kim Mooney

This year's Millstone Township Memorial Day Parade was accompanied by beautiful weather and unbridled patriotism to honor our Servicemen and women.



Betty B and her horse Cowboy

Participants gathered at the Clarksburg Post Office where the parade route began, and "marched" for one mile to the Memorial that stands next to the Clarksburg School. Once there, a commemorative ceremony took place, which included presentations, prayers, and tributes to our country's soldiers who have fought, and continue to fight, for our freedoms that we so often take for granted.



Gia Spargo with her pony Willie

HAMT members went all out to show their American pride by decorating their horses in red, white & blue. We had a great turn-out, and all of the horses were very well behaved considering we were followed by rather loud ambulances and fire trucks! And this may just be a rumor, but I heard that an equine romance blossomed at the parade ... big, beautiful Megan was quite taken by the dashing handsome & incredibly cute little Willie.☺

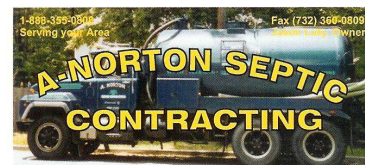
Following the ceremony, the Clarksburg Inn graciously provided food and beverages to all. A great big "thank you" to all who participated in the parade and donated candy.

What a wonderful day it was!! God Bless America! ***

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Colic Presentation by Ron McAlister, DVM

~ By Sue Koval

Dr. Ron McAlister gave an interesting and informative presentation about colic to members and guests of the The Horsemen's Association of Millstone Township on February 21st, 2006.

Colic is a topic of vital importance to the equestrian community because next to old age, colic is the number one killer of horses. Lameness and colic are the most common conditions seen by veterinarians. In his presentation, Dr. McAlister described colic, the indications of colic, the various types of colic, and how to prevent and treat colic.

Colic is actually a symptom of disease, like fever or sweating, rather than a disease itself. Colic means the horse is in abdominal pain, which can have a variety of causes, such as kidney stones or cancer. However, the vast majority of cases are gastrointestinal. Signs of colic in a horse include lack of appetite, pawing, moaning, rolling, sweating, curling his lip or sticking his nose in the air, looking at his sides, or laying down and stretching.

According to Dr. McAlister, the reason horses colic so often is due to a "design flaw" in their digestive systems. The horse's stomach is small for an animal that is so large, but its intestinal tract is very long (about 115 feet), and maintains a delicate balance of bacteria for digesting cellulose. Colic often results from something going wrong in this tract.

There are various types of colic. The two most common types are spasmodic and impaction. Seventy-two percent of colics are spasmodic, which means that the intestines become overactive, and spasms result – different parts of the intestinal tract are squeezing and running into each other. Spasmodic colic can be thought of as "simple indigestion." Spasmodic colics respond well to medical treatments such as pain relievers, antispasmodics, and antacids. Fifteen percent of colics are impaction colics, due to large masses which form at turns in the intestine. These impactions are large –

often 13.1% of the horse's body weight! Impaction colics often require multiple treatments of laxatives, painkillers, or mineral oils to break up and loosen the impaction. Displacements, which are more serious forms of colic, almost always require surgery. Displacements include various twistings and flips of the intestine, openings that entrap gas, and very large stones (enteroliths). Sand colic occurs when a horse eats too much sand when grazing, and the best treatment is prevention (avoid feeding on ground, avoid sandy grazing areas, feed lots of roughage, use psyllium products).



Dr. Ron McAlister shows the group a very large enterolith, which was removed from a horse's intestine.

Dr. McAlister pointed out the key things that horse owners can do to prevent colic in their horses. The most important thing is to establish a feeding routine and stick to it, as horses are creatures of habit. Feed good quality roughage and forage. When changing to a new hay or straw, mix in the new with the old for awhile to make the change easier on the horse's digestive system. As horses are designed to be continuous grazers, feed them mostly hay and pasture. The risk of colic increases with the amount of grain fed. Dr. McAlister stated that most horses do not need grain, especially the quantities that are typically fed. Horses do very well on an all-hay, all-forage diet. Use vegetable oil (corn, rice) as an energy source. When feeding grain, feed smaller quantities more frequently. Also make sure to provide water at all times, and always have a salt block available.

Parasites and worms can lead to colic, and Dr. McAlister discussed the various treatments available. Maintain a deworming program. Cribbing has been shown to be a factor in colic, so use a cribbing collar if needed.

Dr. McAlister finished his presentation with what to Do and Don't Do when your horse exhibits signs of colic:

- Don't: give anything by mouth, give an enema, give Banamine, assume all is OK and go to bed
- Do: remove all food, hand walk the horse, allow horse to lay down if quiet, evaluate: heart and respiratory rates, hydration, gum color, degree of pain, sweating; and CALL THE VET!

From the web page (<http://www.keenanmcalister.com>): Keenan McAlister Equine is a 100% ambulatory equine practice located in central New Jersey - serving areas of Mercer, Hunterdon, Monmouth, Ocean, Camden, Burlington and Middlesex Counties. The practice is equally divided among show horses, breeding stock, and pleasure horses with an emphasis on sports medicine, lameness - diagnosis and treatment, wellness care, preventative medicine and reproduction. ***

Tips & Tidbits

~ **Horsehair jewelry** website – custom made jewelry and barrettes made with your horse's mane & tail hair www.suzannestorms.com

~ **West Nile Virus** information link <http://www.state.nj.us/agriculture/westnile.htm>

~ **Country Supply** Country Care Program will donate 5% of your purchase back to HAMT www.countrysupply.com
Customer Code: HAMT

~ **Horse Dessert Recipe – Baked Carrot Crispies**
2 carrots, shredded ½ cup brown sugar
1 apple, shredded ½ cup water
1/3 cup molasses ¼ cup dry oatmeal
¼ cup bran Confectionery sugar
Preheat oven to 400°F. Generously grease a muffin tin. Mix carrots and apples in bowl with molasses, bran, brown sugar, water, flour and oatmeal. Mixture should have a thick and doughy consistency. Add more bran if needed. Scoop dough into a muffin tin, sprinkle each muffin with brown sugar and bake in the oven for 30 to 50 minutes until cooked thoroughly. Let cool. To garnish: sprinkle lightly with confectionery sugar. Makes 6 muffins.

Based on a recipe by Elizabeth Sutton and Meghan Pomeroy of Ontario, Canada. ***

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ROOMATE WANTED to share home in Upper Freehold. Non-smoker. Horses welcome too. Contact Bev.

FOR SALE BEST OFFER Tuff Rider Stretch Manager Horse Sheet [see Item # X1-24448 @ DoverSaddlery.com] Waterproof/Breathable/Stretch fabric Retail \$109.95; sold by Dover at \$99.90 Size 82 [runs a little snug] Black and Tan Worn once; being professionally cleaned [due back by 6/30th] Call Kate or send e-mail to kfling@optonline.net

ADOPT A PUREBRED PERSIAN CAT 8yo, spayed female, smokey-gray, sweet & loving personality, healthy, current on vaccinations, well-behaved. Needs insulin shots 2x/day – very good about getting her shot. Annabelle needs a loving home, as her owner has moved and can no longer keep her – she's currently in a "foster barn", but needs a real home. Contact Kim 609-371-2380.

2 HORSES FOR SALE: Black Percheron mare with star and full tail. 15.3h. 7 years old. Nice mover. Sweet, friendly, sound, current on all cares. Broke to drive, but not yet broke to ride. Excellent

broodmare. To good home only. Asking \$1800.

Spotted Draft stud colt foaled 4/3/06 (Percheron x APHA QH). Black & white tobiano. Handsome and friendly. Available upon weaning in late August. Asking \$1500 obo. Good home is a must. Contact Kim 609-371-2380.

HORSE BOARDING at Charleston Springs Stables. 4 Stalls available in new barn with 2 additional stalls to be built. Fully insured & looking forward to serving you. Full board and other plans available. Approximately 6 acres of fenced paddocks to run & graze. Millstone Bridle Path runs through property. For information and rates contact Paul Donnelly at 732-278-6295.

Reminders

~ Don't forget to purchase your permit to use the bridle trails in the 14 wildlife management areas in NJ (i.e., Assunpink) for 2006. If you are stopped while riding in these areas and you don't have your permit on you, you will be fined! Call 609-259-2132 or stop by the Assunpink.

~ In Celebration of it's 300th Anniversary, ALLENTOWN, NEW JERSEY and Freedom Fest invites all horse people to participate in a HORSE PARADE on July 15, 2006 at 2:00 p.m. FOR DETAILS CONTACT:
RICH – (609) 758-3706
KEVIN – (609) 259-2791
RON – (609) 259-3551
RICK'S SADDLE SHOP (FLYERS)
Ride, drive or walk your horse. Come in a period costume or dress in a manor that may represent a horse sport, breed or activity.

This Parade is for HORSES ONLY!

~ Watch for news regarding the newly formed **Manure Management Committee!** If you'd like to be part of this committee, please contact any HAMT board member or officer.

~ For trail ride schedule please contact the Trail Ride Committee Chairperson.

Calendar of Events

Tuesday, June 20th – HAMT Meeting – 7:00pm, Clarksburg Community Center

Tuesday, August 15th – HAMT Meeting – 7:00pm, Clarksburg Community Center

September ?? – Millstone Day

Tuesday, September 19th – HAMT Meeting – 7:00pm, Clarksburg Community Center

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