

## The Small Redworm Blood Test and Equisal Tapeworm (Saliva) test are now available through Equitait Veterinary Practice.

During the winter months it is time to consider worming our horses with a product containing moxidectin. However, to further reduce our reliance on wormers and therefore slow the resistance to moxidectin, Equitait Veterinary Practice now offer a small redworm blood test and an Equisal tapeworm saliva test, these complement our faecal worm egg count programme performed during the summer months.

The tests look at specific antibody levels, which are then used to correlate the degree of recent worm burdens present within the gastro-intestinal tracts. This will allow us to give recommendations on whether the horse should be considered for wormer treatment.

The redworm blood test is £37.50 & includes the blood sampling fee, but not the visit fee. The 'Equisal' tapeworm (saliva) test is £19.95. Both prices include VAT, postage of the samples to the lab, delivery of the results and where appropriate our interpretation of the results. If required, this includes a chat with a vet to give you bespoke advice tailored to your horse's history and management.

## Top tips for weight loss this winter

It is the perfect time to start getting rid of our ponies summer bellies. Here are our top tips for weight loss:

- Be objective – use the weigh bridge or a weigh tape to track your progress. The weighbridge is available to collect from Equitait (Duns). The practice is extremely grateful to **BHS Lothians branch** for making it possible to give all horse owners access to this useful equipment.
- Get your hands on – learn how to body condition score – you should aim to feel the ribs and have no fat pads.
- Cut concentrates – reduce or cut out hard feed – a low calorie balancer is perfect to make sure they get their vitamins and minerals without over-feeding.
- Clip them – clipping some of their coat off is an easy way to help with weight loss.
- Don't over-rug – horse's don't feel the cold like we do, only rug them when really necessary!
- Switch to soaked hay – soaking hay for 12 hours reduces the sugar content.
- Restrict grazing – strip grazing helps to reduced the amount of grass and increase how much walking your horse has to do.
- Exercise – build up your horse's fitness and try really getting their heart rate up.
- Call us! Don't be afraid to give us a ring or book an appointment to come up with a weight loss plan.



## Client evenings

We held two client evenings in 2019, the first at Hendry Equestrian, Little Spott, Dunbar by kind permission of Will and Emma Hendry, the second at Equitait (St. Boswells). Over the evenings we focussed on the following topics:

- Weight management,
- Acupuncture,
- Pain related behaviours,
- Dissection and functional anatomy,
- Physiotherapy, and
- Owners assessments of the cardiovascular and gastrointestinal tract



We hope to build on the success of the client evenings in 2020, therefore please forward any specific practical topics of interest to us at [enquiries@equitait.com](mailto:enquiries@equitait.com)

## New practice—Equitait (Duns)

Building work has commenced to renovate some existing farm buildings at Raecloughhead to form a new base at Equitait (Duns). The renovation includes a main administration office area as well as two dedicated horse examination areas and stabling.



## Natalie Herdman

We would like take this opportunity to welcome Natalie Herdman to Equitait. Natalie joined the team in September 2019 to cover while Fern is away on maternity leave. Natalie lives locally, has two sons and a Connemara pony and has become a valuable member of the Equitait team.

## Fern Cockburn & family

Huge congratulations to Fern and Stewart, not only on their recent marriage at Coldstream, but also on the safe arrival of twins, Ollie and Finn. The boys were born on 3<sup>rd</sup> October 2019 and have settled in very well. Big brother Lewis is enjoying his new role and is taking his duties as big brother very seriously.

