

Coping with the heat

Can I ride in this heat?

There are added risks with exercising your horse in this current long spell of hot weather such as heat stroke (please see below), however as long as done sensibly it is possible to enjoy riding your horse in this weather. If you are keen to compete in this weather it is important to allow your horse time to acclimatize to the conditions. This will take several weeks of regularly exercising in this heat. It would be advisable to slowly increase the work load over this time to suit your horse and their purpose. The first few days are the most difficult for the horse to acclimatize to so be patient. Your horse will also need less warm up time than usual as they will require less time for their soft tissue structures to warm up. But it is also important to remember to cool your horse down post exercise by washing them off and giving them sufficient shade.

Should I restrict water intake before or after I ride?

No, never restrict water intake. Drinking cold water only benefits your horse and restricting it can predispose your horse to impactions and heat stroke. It is important to allow your horse to drink as soon as they have been exercised as much as they want to help prevent dehydration or other issues. Remember to keep yourself well hydrated as well! If your horse looks as though their eyes are sunken or when you pinch and release the skin on their neck and there is a slight delay in its return to normal, please ring the practice as your horse may be dehydrated.

Heat stroke – what to look for?

If your horse is showing any of these signs they could be struggling with the heat it is imperative that you contact a vet and try to cool your horse down.

- Ataxia (wobbliness/looking drunk)
- Collapse
- Panting
- Dark Urine
- Reduced urination
- Dark mucous membranes
- Muscle spasms
- Nostril flaring
- Increased rectal temperature
- Decreased appetite
- Slow recovery after exercise
- Irregular heart rhythm

What are the risks of heat stroke?

It can lead to muscle damage, renal failure, collapse and is potentially fatal, hence it is so important to look out for it and try and keep your horse cool. If you have any worries about your horse, please do not hesitate to contact us

How can you cool your horse down?

Try and move your horse into an area of shade or a cool stable. Then start pouring large amounts of water all over the horse either using a hose or buckets of water. If possible add ice to the water to cool the temperature of the water. Don't scrape the water off just keep adding more water as this will cool the horse faster. If your horse is showing any of the signs above it can take time to cool them. If you think your horse is suffering from heat stroke, please call the practice.



Summerleaze Vets Ltd
01297 304007

The office is open from
8am – 5pm Monday to Friday
and
10am -1pm on Saturday's

For ordering medication
please allow 24hrs

For out of hours
(5pm to 8am)
Please call 01297 304007

24hr
Emergency Service

Website
www.summerleaze-vets.co.uk



Open Day

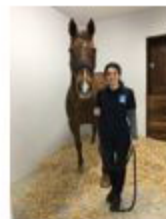
The recent open day on the 7th July attracted almost 500 people. Thank you to everyone who attended and thank you for your generosity for the raffle. The raffle raised £333.15 for the fantastic cause of the Grace Kelly Ladybird Trust. Congratulations to everyone who won prizes.

We also said a more formal fond farewell to Tim Lawrence who will be sadly missed (although time it right and you might still catch him stopping in for a cuppa at the practice).



New arrivals

The equine practice welcomes two new vets Anthi and Antonia, both of whom some of you have already had the fortune of meeting out on yards or in the practice.



Anthi Kolovou
DVM, MRCVS (Veterinary Surgeon)

Anthi graduated from University of Thessaly in Greece before joining a large Equine Hospital in Germany. There she gained a lot of experience on all aspects of Equine Medicine (caring for around 50 in house and ambulatory patients a day!) She improved her skills with sport horses during a secondment to a clinic in Hamburg.

Internal medicine and critical care are her great passions, with colic being a specific focus.

Anthi joined Summerleaze Vets in April 2018 and instantly fell in love with the green Devon countryside. In her free time, she can mostly be found exploring the region.



Antonia Milner-Matthews
BSc BVetmed MRCVS (Veterinary Surgeon)

Antonia graduated from the Royal Veterinary College (London). After spending time in several Equine hospitals, she is leaving the home counties to join Summerleaze Vets in July 2018.

Antonia's passion for Equine medicine is mirrored by her enthusiasm for all Equine pursuits; being an advanced endurance rider, competing at elementary dressage and trying to keep her son's Shetlands on the straight and narrow.

She is passionate about reproduction and competition/sports horses and particularly interested in equine welfare, resulting in her role as BHS Welfare Officer.



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