

## Equine Metabolic Issues

A condition becoming much more prevalent in the equine industry, make sure you are able to see the signs and prevent the condition from getting worse. Nutrition plays a HUGE role!

### Clinical signs and symptoms:

- Poor hair-coat, un-naturally long hair that may not shed out
- Cresty neck
- Abnormal fat deposits
- Suppressed immune system
- Decreased energy level
- Loss of muscle tone
- Laminitis – often recurring for no apparent reason
- Increased water consumption and urination

### Diagnosis:

- TRH Stimulation test – performed by your veterinarian
- A fasting insulin test

### Management Practices:

- Grass hay with a protein supplement if needed.
- Decreased carbohydrate diet. After the desired weight is reached fat may be supplemented to maintain it. Weight tape to monitor progress.
- Balanced vitamin and mineral supplement
- Chromium & Lysine
- No access to spring grasses
- If on pasture must use a grazing muzzle
- Proper foot care
- Medication – if truly “Cushings”

### Benefits of Chromium: Myo-Ease Plus

- Growing evidence suggests that chromium supplementation, particularly at higher doses and in the form of CrP, may improve insulin sensitivity and glucose metabolism in patients with glucose intolerance and type 1, type 2, gestational, and steroid-induced diabetes and in some individuals without diabetes.
- Chromium is a constituent of a biochemical involved in the metabolism of carbohydrates and fats.
- Studies showed that horses on diets supplemented with 5mg of chromium per day had significant lower blood lactic acid levels after exercise when compared with control horses.
- Reduction in blood cortisol levels – cortisol is commonly termed the “stress hormone”

### Benefits of Lysine:

- Key to improving protein availability, especially in grass hay-based diets
- Using lysine at times of stress is key to calcium absorption, boosting the immune system and supporting the body's production of hormones, enzymes and antibodies
  - Improve protein availability
  - Balance a lysine deficiency in the forage/diet
  - Build topline/muscle mass, aid collagen formation and tissue repair
  - For horses lacking stamina
  - Improve hoof growth and hair quality
  - Boost the immune system, support a healthy nervous system and promote overall health

## ***Amanda Sandmire, Doctors Choice Supplements***

**\*\*Equi-Shine Myo-Ease Plus\*\***

**\*\*Equi-Shine Ultimate, Equi-Shine Jump Start, Equi-Shine Security\*\***

**Doctors Choice Supplements are available at Country Visions Country Store locations**