

DR. LAURA PARISIO JOINS US AS AN INTERN

We are so pleased to announce that Laura Parisio has joined Rhinebeck Equine as an intern for 2007-2008. She graduated in July 2007 from The Royal College of Veterinary Medicine in London. We have known Laura for many years; she worked as an assistant for Dr. Mort for several seasons, and never wavered from her goal of becoming a veterinarian. We are so proud of her achievement. Dr. Parisio joins Dr. Danielle Brinker and Dr. Sarah Hodgdon in our internship program. Interns are graduate veterinarians, typically in their first year of practice, gaining intensive clinical experience under the guidance of our experienced veterinary staff.



RHINEBECK EQUINE, L.L.P.

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FALL 2007 NEWSLETTER

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Lance H. Bassage, II, V.M.D., D.A.C.V.S.

Heather J. O'Leary, D.V.M.

Christine M. Adreani, Ph.D., V.M.D., D.A.C.V.S.

Andrea Sotela, D.V.M.

FALL IS TEETH FLOATING TIME

BY NINA DEIBEL



As we come into the colder months of the year, it is especially important that horses are able to convert their food into energy. A very important step

in this process is the ability to chew food properly. Since horses' teeth are constantly erupting or growing, most horses need to have their teeth floated yearly to ensure the good health of their mouths. Horses with abnormalities due to old age or poor occlusion may need to be done more frequently. Please ask a veterinarian to do a full oral exam this fall to ensure that your horse is best prepared to handle the cold weather.

Floating can be done either with hand tools or with the Powerfloat. For a thorough job, a full mouth speculum will be used to hold your horse's mouth open during the examination and/or floating. Sedation of all horses is recommended to allow the best outcome and to keep the horse and handlers safe. All horses that get Powerfloated need to be sedated. On occasion, horses will be given anti-inflammatories such as Bute or Banamine, if the doctor is concerned that a horse will have discomfort following the floating.

Dr. Andrea Sotela, Dr. Heather O'Leary and Dr. Nina Deibel all prefer to perform routine floating with the Powerfloat, and are available to do large numbers of horses in a single day. If you prefer, Dr. Deibel and the other ambulatory veterinarians in our practice all also offer performance hand floating. The current price for a basic Powerfloat is \$100 and a performance hand float is

\$80. Sedation typically costs \$20, but in some cases may be as much as \$40. Horses with major dental problems may require extended time and effort. In these instances, the doctor involved will discuss options and give an estimate of additional expenses to you.

Besides making your horse less energy efficient, dental problems can also hamper your horse's comfort and thus his ability to perform well. Please remember to have your horse's mouth examined and maintained regularly, so he can feel, work, and play his best!

DIANE SCHOONMAKER NAMED ONE OF TOP 50 RIDING INSTRUCTORS IN THE US



We are proud to announce that our longtime client, Diane Schoonmaker, has been chosen as one of the Top 50 Riding Instructors in America by the American Riding Instructors Association, joining such luminaries as Clint Anderson and Susan

Harris. Diane teaches at Flying Change Farm in Accord, NY, where she provides beginning riders with a solid foundation for their riding career. She will receive her award later this year at a dinner in Florida. Please join us in celebrating this achievement.

Fall 2007 Newsletter

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RHINEBECK EQUINE, L.L.P.

WHAT YOU SHOULD KNOW ABOUT INSURING YOUR HORSE

BY MARY MOELLER

The responsibility of horse ownership presents challenges to your finances especially during the injury or death of your horse. Do I have the money to pay the veterinary bills? Can I afford surgery to save the horse I consider a family member? Can I afford to lose the money I have spent to purchase my horse? Do I have the ready cash for a new horse? These problems add to your major concern – the wellbeing of your horse.

At a moment's notice your horse is depending on you for health care. The questions of affording and paying are best answered before your trainer's late night call asking permission to ship to Rhinebeck Equine. "Please care for my horse - I'll worry about the bills later" can result in many sleepless nights.

Insuring your horse takes away some of the financial stress of ownership. The following is a brief description of horse insurance. The descriptions do not include the complete coverage, conditions or exclusions offered in the policy:

Mortality Insurance will pay the value of your horse (not exceeding the insured value) if your horse dies or your veterinarian recommends humane euthanasia.

Major Medical is an addition to the Mortality policy that reimburses you for veterinary care including diagnostics, treatment and surgery. The endorsement has a set maximum benefit paid annually and a deductible for each medical occurrence. It does not pay for maintenance expenses.

Loss of Use is another addition to the Mortality policy that pays a percentage of the insured value of a show horse that becomes permanently disabled. It is important to understand this insurance before you purchase the endorsement.

Insuring your horse is easy. The paperwork required is a simple application, a veterinary exam (depending on the value) and possibly a show or training record. The premiums vary slightly with each company but as an example, a \$20,000. Hunter can be covered for Mortality and Major Medical for under \$1,000 per year. Most companies will offer you premium payment options.

Finally, how do you find an agent and what questions should you ask?

- Choose an agent who specializes in horse insurance. Ask Rhinebeck Equine or your trainer whom they know and respect.
- Get to know the agent, the companies they represent and their involvement in the horse industry.
- Understand the various Insurance coverages and how claims are handled.
- Importantly, ask for a sample copy of the Major Medical endorsement. There are differences in what is covered by each company. A higher limit does not always mean you are getting the best coverage.
- Keep in mind, while cost is important, making sure your coverage, or security and peace of mind, is not compromised by saving a few premium dollars.

Mary Moeller has specialized in horse and farm insurance since 1982. Mary can be reached by calling Marshall and Sterling at 845-454-0800 ext 224. She has represented Great American Insurance Company since 1989.



ACUPUNCTURE: WHAT, WHY, WHEN?

BY HEATHER O'LEARY



If you have been keeping up with your newsletter reading, then you know that I have recently completed basic training in acupuncture and traditional Chinese medicine. As I am very excited to bring the benefits of this new modality to you and your horses, I would like to take a few moments to explain what it's all about.

Traditional Chinese Veterinary Medicine (TCVM) is a medical system that is thousands of years old. It includes the practice of acupuncture, herbal medicine, Tui-Na, and food therapy. This system of medicine is focused on balance and energetics, while Western medicine is focused more on control and mechanics. A TCVM practitioner identifies a pattern of disease in an individual patient based on physical exam findings, including the color and moisture of the tongue, the strength of the pulses, and the reaction to palpation of specific reference points on the body. In TCVM, it is believed that disease occurs when the flow of energy is blocked or out of balance. A treatment plan is then formulated for that patient, which will restore balance and the free flow of energy in the body.

Many of you are probably familiar with acupuncture, and it may seem weird or random. How can sticking a few needles in a horse's back make them less lame from a hock injury? The idea is this: all of us, all living things, are swirling containers of Qi (pronounced "chee"), the energy or life force which differentiates life from non-life. This Qi is not merely bubbling randomly in our bodies, but is following a specific pattern through the internal organs and out over the skin and back inside again, like a train following its tracks. It is a repeating pattern that follows the same path each day and night. These

pathways are called meridians, and just like a train with stops along the way, there are points along each meridian where the energy stops briefly and then moves on again.

If this Qi, or energy, gets stuck in one place too long, say a hock joint, then pain results – your horse is lame. After an examination, I might take x-rays, and tell you that your horse has arthritis. While there are many Western therapeutics which would be appropriate to relieve the horse's pain and eliminate the lameness by decreasing the inflammation, TCVM can also be effective. There are acupoints, or specific points on the meridians of a horse's body, which, when stimulated, can stimulate the free flow of Qi, helping to relieve the horse's pain and possibly reducing the amount or frequency of Western therapies needed to keep the horse sound. Acupoints are stimulated with long, wire-thin needles. You may be surprised at how well your horse tolerates being "needled"! While some very sensitive horses continue to react negatively to needle stimulation, most horses feel the benefits of acupuncture and become more receptive to needles with each treatment.

I mentioned that these meridians, or train tracks, also pass inside the body. Because of this, the stimulation of specific acupuncture points can aid in the treatment of internal medicine problems. Acupuncture is especially good for treating chronic problems for which Western medicine has effective treatments but no cure; heaves, arthritis, navicular syndrome, Cushing's Disease, and chronic laminitis are just a few of the conditions which can respond well to acupuncture. In addition to periodic acupuncture sessions, I may suggest the daily administration of certain Chinese herbs, which can improve and prolong the beneficial effects of acupuncture therapy. These herbs are formulated in a TCVM pharmacy in Ocala, Florida, where I received my training, and are strictly controlled by prescription only.

Keep an eye out in future newsletters for more on acupuncture and herbal case studies. In addition, if you would like to attend an **acupuncture seminar and demonstration** this fall, please join us on **Saturday, November 10th** from 9:30-11:00AM at Rhinebeck Equine. Call Jeannie at x1023 to reserve your place. Attendance will be limited to 50.