



## Introducing Vet Alice Elgar

Alice is from the small city of Salisbury in Wiltshire. Growing up with horses she was an active member of her local Pony Club representing the branch at the Open Eventing and Tetrathlon Championships. She was also involved with the local Hunt helping at kennels and occasionally whipping in if needed. Before starting university, Alice spent a winter riding out for a National Hunt Trainer.

Alice studied at the University of Cambridge where she played rugby for the University 1<sup>st</sup> XV alongside her veterinary studies. She graduated in July this year and is joining the team at Avonvale to complete our equine internship. Alice is looking forward to developing her skills in all areas of general equine practice and has an interest in dentistry and stud work.

Alice is hoping to continue playing rugby when she moves to the area alongside the occasional trip home to borrow a horse from her parents.



## NEW WEBSITE LAUNCH

We are absolutely delighted to announce that we have now launched our brand new Avonvale Equine Practice Website.

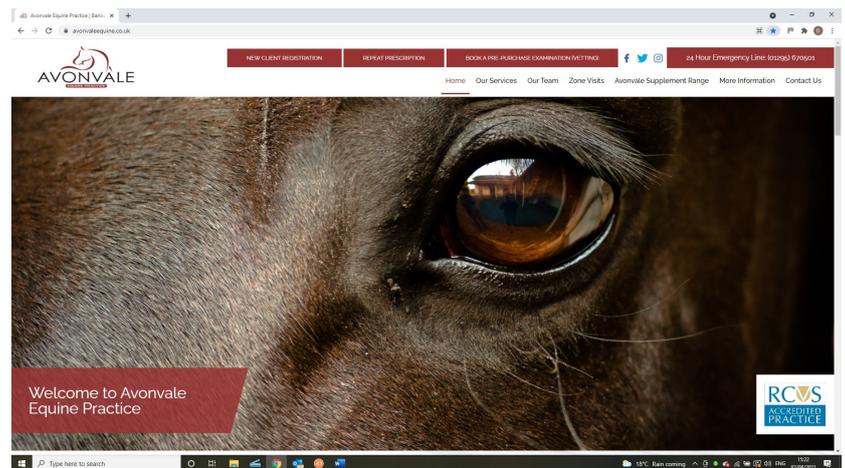
Please go to [www.avonvaleequine.co.uk](http://www.avonvaleequine.co.uk) to see our new look pages, which include lots of information on our team, our services as well as our Avonvale supplement range.

Via the new website you can now:

- \* Register
- \* Order a repeat prescription
- \* Book a pre-purchase examination (vetting)
- \* Contact us

We have comprehensive information about our free zone visit scheme, with zone maps to make life easier and under 'More Information' you'll find our latest newsletters.

Please take a look and let us have any feedback.



### Office Hours

Mon-Fri 8:30am - 5:00pm

24hr Emergency Service



### Contact Us

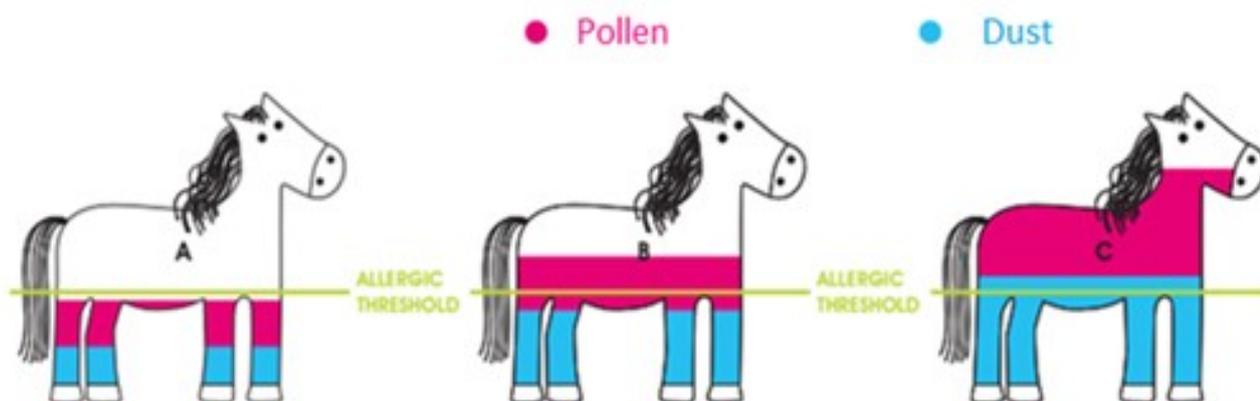
Avonvale Equine Practice  
Ratley Lodge, Ratley, Banbury, OX15 6DT  
(close to M40 junctions 11 and 12)

Tel: 01295 670501  
[www.avonvaleequine.co.uk](http://www.avonvaleequine.co.uk)

## Equine Asthma by Emily Douglas-Osborn

Equine asthma, otherwise known as recurrent airway obstruction (RAO), is a condition of the lower respiratory tract, which occurs when the horse's immune system has an inappropriate response to an allergen. Signs of equine asthma include; laboured breathing, coughing, nasal discharge, the presence of a 'heave line' and reduced performance.

There is usually an allergic threshold, above which the horse will start to show clinical signs. It is usually triggered by dust or pollen, however multiple allergens may contribute to the horse's immune system reaching this threshold, and therefore at this time of year, when there is an abundance of allergens in the environment, signs of respiratory allergy are very common.



If your horse suffers from equine asthma, it is important to treat it promptly. In many cases, management changes alone can be enough to control the symptoms. 24/7 turnout and removing hay from the diet is usually the best way to reduce dust in the environment. If this isn't possible, then soaking or steaming hay, using low-dust bedding and dampening the bedding may help. Improving stable ventilation is also beneficial. Some horses may even be symptomatic on some yards, and not on others, depending on the type of allergens in the immediate environment. There are a variety of treatments for equine asthma on the market, which include powders or syrups to give by mouth, or inhalers.

- Steroid anti-inflammatories reduce inflammation in the airway and are the mainstay of treatment for asthma. Steroid medication can be given intravenously, by mouth or via inhaler devices. There is a very small risk of laminitis when giving steroid medications systemically, and this risk should be taken into account if a horse is overweight, has Cushings disease or has any history of laminitis. To reduce this risk, it is possible to give these medications in inhalers, which means other parts of the body are not exposed to high levels of steroids. For this reason, targeted treatment with inhalers is becoming popular with owners and vets alike.
- Bronchodilators – these drugs work to dilate the smaller bronchioles within the airways which become tight and inflamed in cases of asthma. Care should be taken when using these drugs, as the lungs are capable of adapting to them, and they stop working after around 10 days of treatment, however they are very useful when combined with steroid medications. They are also available in inhalers, and are often used to dilate the airways before other inhalers are given, resulting in better uptake of medication.
- Antihistamines – these work by reducing the effect of histamine, a substance released by the body in an allergic response. These can be given in tablet form to horses on advice from a vet, however it should be noted that like in people, antihistamines can make horses drowsy.

Horses that have persistent asthma for longer periods of time, such as months to years, start to develop chronic inflammatory changes that are not reversible and not treatable, so it's important to get on top of things early. If your horse is struggling with respiratory allergy at the moment, please get in touch with one of our vets.

## Dates for your diary



### DISCOUNTED GASTROSCOPE CLINIC

Due to popular demand, we are delighted to confirm that we will be holding another discounted Gastroscope clinic, sponsored by Norbook, on Wednesday 13th October 2021.

The clinic is held at our Practice in Ratley, near Banbury (close to Jct 12 of the M40), by Director and Senior Vet Naomi de Pennington, RCVS Recognised Advanced Practitioner in Equine Internal Medicine. Following the scope, a full email report with high resolution Images is prepared and sent to you by the end of the day. Every client will also receive a free trial tub of Avonvale gastric supplement (subject to availability).



New and existing clients are welcome, the cost is **£120.00 including VAT** and all sedation (payable at time of booking (non refundable) - subject to terms and conditions.

Call to book your place early as spaces are limited.

Discounted yard scoping days also available on request. Call 01295 670501 - book early to avoid disappointment.

### FREE CLIENT EVENING - Monday 1st November 2021, 7pm

It feels like such a long time since we've held a Client Evening and we are really looking forward to welcoming you back to our next event, taking place on Monday 1st November at Ratley Village Hall, Chapel Lane, Ratley OX15 6DS, just opposite the Practice (10 minutes from Jct 12 of M40).

Remember, we never charge for our client evenings which include refreshments and a buffet. Please book your place by either calling us on **01295 670501**, emailing [reception@avonaleequine.co.uk](mailto:reception@avonaleequine.co.uk) or completing the 'contact us' page on our website [www.avonaleequine.co.uk](http://www.avonaleequine.co.uk) by Monday 25th October.



Our evening will include:

- A talk on 'Managing Skin Conditions'
- A practical first aid session, with breakout groups and helpful advice on bandaging etc.
- Guest Speaker - Sara Chittleburgh, an Equine Manual Therapist, Kingsbridge Equestrian and Avonvale Brand Ambassador. Sara will discuss maintaining horses over winter.
- Free refreshments including hot buffet
- Prizes including Avonvale branded goodies



We hope you can come, please book early to avoid disappointment.

## Staff Profile - Nick Dymond

Nick joined Avonvale in 2020 and works as a veterinary surgeon as part of our team of seven vets.

Nick lives in Astwood Bank in Worcestershire with his partner Heather and their ever-growing menagerie of horses and dogs. Of the 6 horses, Nick admits to having a firm favourite; his 4 year old Shire horse mare that he purchased as a yearling, competes in ridden showing and plans to produce a foal from in the near future.

Prior to moving to Avonvale Nick worked in equine practice in Mid Devon and prior to that at a busy equine hospital in Cambridgeshire.

Before retraining to become a veterinary surgeon Nick had an unrelated career as an Army Officer, seeing operational service in the Gulf War, the Balkans, Iraq, Afghanistan and elsewhere in the Middle East.

During lockdown Nick took up playing cello and uses whatever spare time he has left after looking after his own horses practising and preparing for grade exams.



## Could you be our next Brand Ambassador?

We are looking for our next Avonvale Brand Ambassador - could it be you? Would you like to fly the flag for Avonvale and in return benefit from some sponsorship?

Here at Avonvale, we are always keen to support local equestrians and help fulfil their dreams. If you compete regularly in any equine discipline, get in contact with us as we may be able to help. In return we ask you to promote Avonvale on your social media and we will provide some branded clothing and goodies. We also ask for occasional updates on your progress so we can share with our clients via social media or newsletters.

Please send in a short biography and photos to [Debbie.glover@avonvaleequine.co.uk](mailto:Debbie.glover@avonvaleequine.co.uk) (Practice Manager) and we will announce who's been successful on our Facebook page in the very near future.

Deadline: Monday 27th September 2021.



### Directors

**Naomi de Pennington** MA VetMB CertEM(IntMed) MRCVS **Claire Maher** BVet Med MSc Cert AVP ESO MRCVS

### Assistants

**Nicholas Dymond** MA PGCert BVSc MRCVS **Emily Douglas-Osborn** BVSc MRCVS **Alice Elgar** BA(Hons) VetMB MRCVS **Laura Hart** BVM&S MRCVS  
**Mercedes Montejo** MRCVS