





**PALM BEACH
EQUINE CLINIC**

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Meet the Palm Beach Equine Clinic Team: Dr. Selina Watt

Where did you grow up and what is your background with horses?
I'm Canadian, and I grew up in Winnipeg, Manitoba. Even though I lived in the city I was obsessed with horses from a young age and begged my mom for riding lessons. When I was 17 years old I started grooming horses for the polo circuit in Winnipeg and the obsession continued from there.

When and why did you decide to become a veterinarian?
I wasn't sure what to do after high school, and becoming a veterinarian had always been a possibility but I couldn't decide. I took a year off and went backpacking in Australia. During that time, I worked on a mango farm, and one of the dogs got into a scrap with another dog. He was cut up so I took the first aid kit and doctored his wounds. That's when I decided becoming a veterinarian was the way to go. I called my mom the same night and told her, and she was more than a little relieved.



*Dr. Selina Watt
Photo by [Jump Media](#)*

Who has been the biggest influence in your life or career? What did they teach you?

The biggest influence in my life is my mom. She has taught me too many things to count. At the top of that list is to work hard in whatever you do. She taught me to always put forth your best effort, always leave a place better than how you found it, and always be kind and respectful to whomever you meet.

The biggest influence in my career is Dr. Jorge Gomez. He also believes in the importance of hard work, and he has helped me learn how to run a business. He has instilled in me the value of doing a good, thorough job and maintaining a high standard of practice.

What do you enjoy most about working with performance horses?
What I enjoy most about working on performance horses is a simple answer: watching a horse you care for succeed and perform well. The horses we work on are incredible athletes, and it's a privilege to be a part of the team that cares for them.

What do you enjoy most about working at Palm Beach Equine Clinic?
What I enjoy the most about working at Palm Beach Equine Clinic is having so many specialists and vets with experience available to help with complicated cases. There is always someone to ask or give advice, and surrounding yourself with people like that ensures you are always providing the best standard of care possible.

What is something interesting that people may not know about you?
Scuba diving is my absolute favorite non-equine activity. In a different life if I never was a horse-crazy person I would have been a marine biologist and found a job that included scuba diving.

[Learn More About Dr. Selina Watt](#)

Put Your Best Foot Forward: How to Keep Horses' Hooves Strong Through Summer

[The Plaid Horse](#)



Proper hoof health is hard to achieve any time of year, but during the hot summer months, a solid, healthy hoof is even more difficult to attain due to an increase in moisture in the environment. Each July, the American Farriers Journal dedicates a week of the calendar to recognize farriers for their dedicated commitment to delivering hoof care to horses. To honor our hoof care experts, we spoke with veterinarian and farrier [Dr. Stephen O'Grady](#) of Palm Beach Equine Clinic on how moisture contributes to a weaker hoof infrastructure and offers steps owners and managers can take to help keep moisture away and strengthen horses' hooves.

Summer can bring scorching temperatures, so we tend to use more water to keep horses cool, both at competitions and at home. In many areas of the country, the humidity levels also increase during this time of year, adding moisture to the air and preventing hooves from drying as quickly. What happens to a hoof with excess water is similar to what would happen to a wooden plank that's placed in a water trough: it becomes waterlogged, then softens and becomes weaker as a result.

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Catch Up With PBEC on Instagram



Palm Beach Equine Clinic Works With AcutePlus



AcutePlus is a veterinary Wellness Membership Plan offered through Palm Beach Equine Clinic. The program is designed to give veterinarian practices a way to create a customized annual plan that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

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