



# PALM BEACH EQUINE CLINIC

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## Palm Beach Equine Clinic at the Pan American Games *by Lauren Fisher, Jump Media*

The 2015 Pan American Games were recently held in Toronto, Ontario showcasing exciting equestrian competition in the disciplines of Show Jumping, Dressage and Eventing.

Countries from North, South and Central America as well as the Caribbean all fielded teams for the important event, which served to secure qualifications for the 2016 Olympic Games in Rio de Janeiro, Brazil. Palm Beach Equine Clinic was proud to have two of its finest Sport Horse veterinarians in the middle of the action, providing veterinary support to the world's elite horses.

Palm Beach Equine Clinic's Dr. Jorge Gomez was in attendance at the Pan American Games to care for many of his competing clients throughout the event. Dr. Gomez is not only a top sport horse practitioner but is also a Board Certified Surgeon. Dr. Natalia Novoa was also one of the treating veterinarians at the Games, where she provided conventional veterinary services as well as alternative medicine including chiropractic adjustments and acupuncture for many of the equine stars.

Drs. Gomez and Novoa were witness to great sport and tremendous results during their time in Toronto. The show jumping portion of the Games was held July 18th through 25th awarding medals for individual and team events. Both Doctors were fortunate enough to watch the team competition with the Canadian Show Jumping Team winning gold. Argentina went home with the silver medal and the United States earned bronze. They also proudly watched several of their own clients earn top finishes in the individual competition. McLain Ward (USA), Andres Rodriguez (VEN), and Lauren Hough (USA) earned the gold, silver and bronze medals respectively.

There is a great deal of work that is vital to maintaining a world class performance horse



Dr. Jorge Gomez



Dr. Natalia Novoa

in peak condition for an event such as the Pan American Games. Dr. Gomez was selected to be the Team Veterinarian for Venezuela and Guatemala. Dr. Gomez teamed up with Dr. Novoa to provide veterinary support for silver medal winner Darlon van Groenhove with Andres Rodriguez (VEN) and sixth place finisher Hardrock Z ridden by Emanuel Andrade (VEN). Dr. Novoa was honored to work with and care for many of the event's most successful horses, including Canada's Tripple X III (Tiffany Foster) and Coco Bongo (Eric Lamaze), Argentina's

Abunola (Luis Pedro Biraben) and Cannavara 9 (Matias Albarracin), and Venezuela's Darlon van Groenhove (Andres Rodriguez), as well as Hardrock Z (Emanuel Andrade).

"Such success is attained with the contributions of a number of people, including the riders, trainers, owners, grooms, veterinarians, farriers and other support personnel, and I wish to take this opportunity to congratulate each and every person involved," Dr. Novoa stated. "It is my honor and pleasure to provide veterinary care to



such top caliber horses. It is truly exciting to watch these athletes compete at the highest level, earning personal bests, such as Andres Rodriguez winning the Individual Silver Medal for Venezuela! Good luck to everyone in the preparations for the Olympic Games in Rio in 2016!"

Palm Beach Equine Clinic, the industry leader in sport horse veterinary care, features a renowned list of veterinarians who are experts in their respective fields, and available to provide services to clientele throughout North America and around the world in the various horse sport disciplines.

## Q&A

# Learn More About Dr. Bryan Dubynsky

by Lauren Fisher, Jump Media



### life or career? What did they teach you?

I spent my entire childhood from 8 to 18 years old with a third generation horse trainer from Kentucky. He taught me horsemanship and patience of which are two crucial foundations for successfully working around horses every day.

### What is your specialty/main focus as a vet?

My main focus and interest is sport horse medicine. I love focusing on improving athletic performance and treating horse-related injuries to help clients get their equine partners back to the top!

### When did you join PBEC and what do you like about working there?

I joined Palm Beach Equine Clinic in 2009. I love working here for the exceptional medical and surgical capabilities and experiences available. I also love the camaraderie of all the employees; we really work as a team! Teamwork is paramount for making the clinic successful.

### What is some advice that you would give someone who wants to become a vet?

Pick out the top people in the industry and

work with them. Learn as much as you possibly can from the people who have been practicing for a long time.

### What are some of your other hobbies or interests?

Polo, golf, guitar & music, hiking, seeing family and friends. Spending time with my lovely dog, Ginger.

### What do you love about your job?

I love the opportunities to travel all over the country and Europe to see really cool places to work with my clients. I love working with the competition horses and the atmosphere of high level competition, as well as caring for the sweet trail horses at home.

### What is one of the most interesting cases you have worked on?

My horse Batman. He was an abandoned polo pony suffering from West Nile Virus. He was paralyzed for three days and no one wanted to treat him. We treated him with intensive care for three days and used a tractor as a last ditch effort to get him to stand. He has since made a full recovery and is currently playing polo.

### Where did you grow up and what is your background with horses?

I grew up in Northern Indiana on a horse farm. I was fortunate enough to breed, show in the Midwest circuit, and train our horses.

### When and why did you decide that you wanted to become a veterinarian?

My father is a physician and I've always grown up with an interest in medicine. Choosing to become a veterinarian seemed to be a natural fit combining my love for horses and medicine.

### Who has been the biggest influence in your

# Caring for the Senior Performance Horse, Part One

by Lauren Fisher, Jump Media



Advances in equine medicine are enabling horses to perform longer in their careers than ever before. Palm Beach Equine Clinic would like to highlight the importance of proper care for our equine athletes as they age into their senior years.

Horses from the ages of 12 and older are considered "seniors." Many horses that are in the prime of their careers may require extra maintenance in order to continue performing at their best. For example, an 18 year old equine athlete would have been rare ten years ago,

but in today's world, there are many horses performing at a high level well into their senior years. To maintain these athletes requires more work on the owner's part, as well as the veterinarian's part; however, preemptive attention to your aging equine's needs may keep your partner performing longer.

There are several areas of care that owners should consider in order to maintain their horse's top health and ensure continued success. It is important to remember that just as our human body changes with age, the horse's body

does the same. Owners should contact their veterinarians on a routine basis to have their horse's overall health and fitness evaluated, no matter what the horse's job is. All regularly performing senior horses should be evaluated a minimum of twice a year. If it is a pleasure horse, it should be evaluated at least once a year.

An appropriate fitness program is imperative to the senior horse's performance. As horses age, it can become increasingly difficult to maintain their fitness. Any exercise that builds your horse's stamina and muscle mass is essential, and the more your horse gets out of its stall and moves around the better. Anything from riding lessons to trail riding, or even hand walking can be beneficial. There are new exercise aids available, such as treadmills, which are great for keeping the senior horse in top fit shape. Owners should talk to their veterinarian to help create a great fitness program that works for both you and your horse.

Like any athlete, horses can experience physical setbacks, so it is important for owners to have their horse's gaits evaluated routinely. Veterinarians can suggest appropriate treatments to avoid creating larger issues; whether the horse needs a little assistance with the flexion in their necks or injecting joints to ease any discomfort.

As we continue to battle the heat in the hot summer months, PBEC would like to stress the importance of providing extra care for our senior horses, as they may have more difficulty dealing with the heat. It is important to make sure that horse's stalls are maintained for sanitation purposes and that they have a nice bed to lie down in. The stall should be out of the direct sunlight, have fans for effective air movement and plenty of fresh water to prevent overheating. If your senior equine is having a problem with Anhidrosis (not sweating), contact your veterinarian immediately.

It is important for owners to consider all of these issues and coordinate with their veterinarian for routine evaluation in horses 12 years and older. For more information on caring for you senior horse, please contact Palm Beach Equine Clinic at (561) 793-1599.