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Beat the Heat With Palm Beach Equine Clinic

As elevated temperatures continue to prevail throughout the country, it is important that horse owners never underestimate how heat and humidity can affect equines. Even during the winter months, it is crucial to monitor how your horse is reacting to variations in temperature, especially when traveling to and from or relocating to Florida and other southern regions for the season.

Many problems can arise when temperatures climb, so as a starting point horse owners should pay attention to the amount of sweat their horse is producing. Anhidrosis, or the inability to sweat normally, can be a common challenge, particularly in hot, humid climates.

"Anhidrosis can develop acutely but generally develops gradually," explained **Dr. Natalia Novoa** of Palm Beach Equine Clinic. "Horses lose 65-70% of their body heat through sweating, so the inability to sweat can be a potentially dangerous condition for them."



*Dr. Natalia Novoa
Photo by [Jump Media](#)*

In addition to lack of sweat, signs of Anhidrosis can include increased respiratory rate, elevated body temperature, areas of hair loss, or dry and flaky skin.

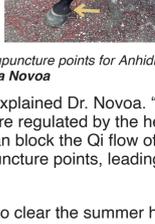
There are several treatment options for Anhidrosis including supplements, lifestyle changes, and alternative medicine practices.

"Electrolyte supplements and access to salt blocks are important to replenish chloride, sodium, and potassium," said Dr. Novoa. "A Vitamin E supplement can also be beneficial because it is an antioxidant that helps with the oxidative damage due to environmental heat stress."

In addition to supplements, it is important to keep the horse in a shaded and well-ventilated area if possible. It can also be helpful to keep the horse's body clipped during the summer season.

Another treatment option is adding one serving of dark beer a day to the horse's feed. The alcohol in beer is a vasodilator so it helps open capillaries allowing heat to pass through more rapidly to stimulate sweat.

Alternative medicine therapies such as acupuncture can also help decrease symptoms of Anhidrosis.



*Furst Filou, owned by Maura Weis, demonstrating acupuncture points for Anhidrosis.
Photos courtesy of [Dr. Natalia Novoa](#)*

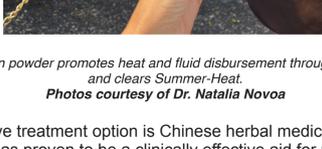
"Acupuncture is very effective at clearing heat," explained Dr. Novoa. "The normal functions of sweat glands and sweating are regulated by the heart, the lungs, and the triple heater. Heat and humidity can block the Qi flow of those meridians, which are pathways connecting acupuncture points, leading to Anhidrosis.

"Acupuncture treatment strategies are designed to clear the summer heat, nourish the Yin, and promote body fluids," continued Dr. Novoa. "Opening up certain points where the heat tends to collect will help release neurotransmitters that affect the flow of blood and lymph."

According to Dr. Novoa, there are three areas to work on during the acupuncture process:

1. Heart: Helps with blood supply
2. Lung: Controls Wei Qi, which dominates the opening and closing mechanisms of the sweat glands
3. Triple Heater: Controls pathways of body fluids

"It requires a few acupuncture sessions to see a change," said Dr. Novoa. "The process is different for each horse. It can also help with symptoms like exercise intolerance, tachypnea, and fatigue."



*New Xiang Ru San powder promotes heat and fluid disbursement through healthy sweating and clears Summer-Heat.
Photos courtesy of [Dr. Natalia Novoa](#)*

Another alternative treatment option is Chinese herbal medicine. New Xiang Ru San powder has proven to be a clinically effective aid for non-sweaters as it promotes heat and fluid disbursement through healthy sweating and clears Summer-Heat. New Xiang Ru San is a blend of the Chinese herbs Bian Dou (hyacinth bean), Xiang Ru (honey-suckle flower), Hou Po (magnolia bark), Lian Qiao (forsythia), and Jin Yin Hua (mosley flower). Bian Dou eliminates Damp, Xiang Ru clears Summer-Heat, Hou Po moves Qi and eliminates Damp, Lian Qiao clears Heat and opens the Exterior, and Jin Yin Hua clears Heat Toxin, detoxifies, and releases Exterior.

Overall, it is important to manage a horse with Anhidrosis carefully. In addition to considering the techniques described earlier, try to exercise them when temperatures are lower in the early morning or late evening. Also, make sure to allow plenty of cool-down time after exercise and monitor their respiration rate.

Anhidrosis is one of many significant issues to be aware of during temperature increases. Contact Palm Beach Equine Clinic to learn more about precautions that can be taken to keep horses happy and healthy throughout the summer season.

To Treat or Not To Treat? Good Versus Bad Bugs: How Environment Affects Horses' Gut Health



*Dr. Peter Heidmann evaluating a patient through an abdominal ultrasound.
Photo courtesy of [PBEC](#)*

Anyone who has experience with horses is aware of the very real threat of losing a horse to colic or other gastrointestinal disease. But looking back on the history of equine death causes, colic still holds the same percentage as it did 20 years ago, standing firm as the second highest cause of death behind natural causes. Why hasn't modern medicine decreased the chance of losing horses to colic? Why do we all still share the common fear of our horses colicking out of the blue, with little warning and minimal reliable reports to prevent problems?

The answers to these questions remain a work-in-progress, but over the past 10 years, veterinarians and researchers have learned a lot about the role of the equine gut microbiome on all sorts of health outcomes, including colic, maldigestion, dysbiosis, and a myriad of other health problems.

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Congratulations to Wellington International Winners



*Emma Butchard-Nagata and Brasil in their winning presentation for the Medium Junior/Amateur Jumper Classic sponsored by Palm Beach Equine Clinic.
Photo by [Cassidy Klein/Wellington International](#)*

Emma Butchard-Nagata and her own Brasil claimed top honors in the Medium Junior/Amateur Jumper Classic sponsored by Palm Beach Equine Clinic during the ESP Summer III show in Wellington, FL. The pair managed a fault-free first round and crossed the timers in 44.798 seconds in the jump-off to secure the win.

[View Results](#)

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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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