

Pennsylvania Cutting Horse Association

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Winter has arrived! Happily, we've been spared ice & snow so far, but we're all gearing up for that.

Please be sure to get in your votes!!

We'll be announcing 2020 officers & board members in January.

Another item is the **2020 membership and nominations forms**.

Please submit those by February, as we're trying to get a better handle on our membership list for mailings.

We have recently heard that on I-81 in Pennsylvania, PennDOT is targeting and pulling over horse trailers. If your trailer GVWR is over 10,000 lbs you need a class A CDL and a med card. If your combo truck and trailer GVWR is over 26,000 you need a CDL. If either is registered in a business name you need a DOT # and must follow all commercial CDL laws. Remember the difference between going to a show and a trail ride. If PennDOT thinks you're making a profit you are considered a commercial driver.

Barbra and Sandy have contributed more articles for us, and "Reining Essentials 4: Backing a Green Horse" is here. You will be seeing more of their articles and videos in future newsletters, on the website and on Facebook.

This issue is packed with health information, too. It's surprising how much dental care affects your horse's body! Additionally, we've put together an article on NSAIDs and pain relief options for your horse.

Looking forward to both the less hectic winter horse schedules—and showing again in the spring!

Joanne Thayer

REINING ESSENTIALS 4

BACKING A GREEN HORSE



Backing up is important because it's not only a maneuver in itself but also the correction for a poor stop. At this point, however, backing doesn't mean the same as it will later on (when we'll want it super-straight, very fast, and in response to few visible cues).

For now, we just want to introduce the concept clearly, calmly, and patiently. The worst thing you can do at this point is to try to go faster and sacrifice correctness and softness.

Because so many of you are working with green horses, I want to go over how I start one backing from the ground.

The goal.

Your horse will maintain a soft face (that is, no bracing against the bit) as he takes a few willing steps backward, reasonably straight.

Here's how: from the ground. With your horse in a snaffle bit and saddle, stand facing him, just off to one side so you're not directly in front. Grasp a rein just behind the bit with each hand, and apply gentle backward pressure as you did to ask him to bring his nose back and down in the face-softening exercise. If necessary, slide the bit gently from side to side while maintaining soft pressure on both reins.

When he responds by dropping his nose down and back, don't release the pressure as you did for face softening. Instead, maintain a gentle, intermittent pressure and cluck. If he hesitates, be patient. It's better to wait him out (he'll give in eventually) than to start applying more and more pressure. Most horses are willing to do this for us if we're patient and ask for just a step or two at a time in the beginning. If he still won't step back, apply pressure over his lower face (where the hackamore would rest) to encourage him to unstick his feet.



The moment he takes a single backward step, release all pressure and praise him with hands and voice. Remember, that a horse learns from the release of pressure, not the application of it. Then repeat, over time asking for two backward steps, then three. At this point, don't worry about whether he's perfectly straight as he backs. You're just looking for willing compliance. (Remember that a key concept of setting your horse up to succeed is by showing him until he understands and accepts, and only then training him how you want him to do it—in this case, to back up straight—and only then asking for speed. It's especially important here.)

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GOOD AND BAD DENTISTRY AFFECT HOOVES. YES, HOOVES.

Article on *BestHorsePractices.com*, undated, no author credited

The horse's mouth has in it about 40 teeth (mares often have fewer). There are incisors, premolars, molars, and sometimes canine and wolf teeth. It's a mysterious place for most horse owners. Vets suggest protocol for floating (the process of rasping teeth with hand and power tools) and often perform floats. Equine dentists work on horses, too, and are sometimes praised for being more qualified since that's all they do.

Their authority and ability to work, however, is dictated by state laws, which may or may not require them to work with or under a vet.

Equine dentist Phil Ratliff, owner of Rite Bite Equine Dentistry, occupies rare territory in this miasma of professionals working on horses' teeth: he's an equine dentist conducting research with a university professor. Neither an academic, nor a vet, Ratliff is nonetheless uncovering some impressive findings that tie the teeth to the gut and to the feet.

For the past several years, Ratliff, with the counsel and collaboration of Dr. Robert Bowker (a 2017 Best Horse Practices Summit presenter and director of the Equine Foot Laboratory at Michigan State University), has focused on the connection between metabolic concerns (like Cushings Disease, laminitis, and insulin resistance (the horse's version of diabetes)) and teeth anatomy.

What they are uncovering is a fascinating, multi-dimensional connection that at once makes perfect sense and yet seems confounding:

Those 'fat' horses? They are actually starving, regardless of their diet. And, if you correct their teeth, while keeping all other factors (including exercise and diet) the same, those horses' health will improve.

"It sounds totally wrong," said Ratliff with a smile during a recent interview.

Ratliff, a graduate of the Academy of Equine Dentistry in Idaho, has studied scores of horses with insulin resistance. Generally speaking, their teeth needed correction; because of their teeth, they were not able to chew their hay well. Their manure was full of fibers measuring eight millimeters or longer on average. Healthy chewers yield manure with fibers measuring two millimeters or shorter.



When horses can't chew properly, the guts' ecosystem is negatively impacted



A cresty neck is an easy indicator for an overweight horse.

That horse may develop metabolic concerns.

Why does poop fiber length matter?

Hay heads to the gut where a host of microorganisms facilitate its digestion. It's a bacterial world with heroes and villains. In horses with healthy teeth, specific 'good' bacteria help convert those tiny fibers into energy and nutrients.

In horses with poor teeth, the gut's microorganism populations are negatively altered. Optimal nutrient conversion is not possible. Instead, these microorganisms, 'bad bacteria' as Ratliff calls them, convert the fibers to sugar. That alteration in nutrient processing is what leads these horses to have insulin resistance problems. As we know, insulin resistance concerns often include or lead to hoof problems like laminitis and founder.

In his work, improving the efficiency of mastication (chewing) has vastly improved the health of these overweight, nutritionally starved horses.

Another finding in Ratliff's decades of observation:

In the wrong hands, power floating can be extremely detrimental to the horse. Ratliff suggests that the thermal friction inherent in the use of power float tools damages the teeth and can eventually lead to tooth death. Bowker cautions, though, that power tools can be effective if used properly and that we should focus more on the operator and less on the tool.



Ratliff raises a big red flag when it comes to power tools in horses' mouths.

BUTE & BANAMINE USES, FACTS & OPTIONS

Phenylbutazone (Bute) Use in Horses. Phenylbutazone (Bute) commonly used for the treatment of lameness in horses. It belongs to a group of medications known as non-steroidal anti-inflammatory drugs (NSAIDs).

Banamine (flunixin meglumine) is an analgesic (relieves pain) and anti-inflammatory medication, used in horses to relieve pain and inflammation resulting from musculoskeletal disorders and colic. It belongs to a group of medications known as non-steroidal anti-inflammatory drugs (NSAIDs).

Bute vs Banamine: Bute is usually given for musculoskeletal pain, such as lameness. Whereas Banamine is usually given for smooth muscle pain (ie: colic) or ocular discomfort (ie: corneal ulcers). Bute should only be given for a short duration of time as prolonged use can result in gastric ulcers or kidney and liver problems.

SOME FACTS & DEBUNKED MYTHS ABOUT BUTE:

- Ω **It usually takes about 2 hours for the effects of bute to be felt by the horse.**
- Ω **Bute reduces fever.** In addition to relieving musculoskeletal pain, bute reduces fever caused by viral or bacterial infection. Bute does not cure the infection but simply decreases the associated signs.
- Ω **Bute will cause NOT gastric ulcers when used as directed.** Such complications are usually associated with overdoses or many months of daily use. Bute does have a narrow safety margin and, in certain individuals, can cause serious and even fatal side effects. The most serious side effect of bute is a condition called right dorsal colitis, in which the colon on the horse's upper right side becomes inflamed. It occurs because drugs like bute (and even banamine) also inhibit chemicals that protect the lining of the GI tract. Although underlying causes of Bute sensitivity in some individuals are unknown, horses at most risk are foals, performance horses that travel, ponies, aged horses, dehydrated horses, those with hypoproteinemia (low protein blood levels), liver or kidney disorders, or rhabdomyolysis (tying-up), and horses that are ill or under stress. **Consult with your veterinarian before giving bute to any horse and follow the dosage guidelines on the label.**
- Ω **Bute is NOT safe for people.** Although phenylbutazone was originally developed for human use, it was withdrawn from that market in the United States due to serious side effects, including jaundice, kidney failure and heart problems. Bute-induced comas have also been reported in human medical literature.

SOME FACTS & DEBUNKED MYTHS ABOUT BANAMINE:

- Ω Given via intravenous injection (IV), Banamine takes effect in about 5-10 minutes to take effect. Orally, it takes 20-30 minutes. There has been some evidence that intramuscular injection (IM) of Banamine can cause secondary condition called Clostridial myositis, which can be both gruesome and fatal.
- Ω **Banamine lasts about 12 hours in a horse's body.** If your horse is still uncomfortable after a dose of Banamine, an examination by your veterinarian is warranted. Re-dosing before the 12 hour period can not only bring on the health risks of overdose, but can also mask issues your vet will need to see when examining your horse.
- Ω **Flunixin can cause gastrointestinal and kidney damage.** The same pathways that are down-regulated by flunixin to reduce pain and inflammation also partially protect the kidneys and stomach. When given as directed the risk of these side effects is reduced. Overdosing or using long term increase the risk for renal (kidney) damage, gastric ulcers, and hind gut (colon) ulcers which can be life-threatening.
- Ω **Flunixin does not cause sedation, improved gut motility, or cure colic.** Although we often use flunixin in colic cases, it is for the pain control. Alleviating the signs of colic by controlling pain is safer for the horse and handler(s) when a horse is being treated and gives the horse's body time to respond to a veterinarian prescribed treatment protocol (ie oral fluids, IV fluids, motility agents).

WHEN YOU NEED ANOTHER OPTION

There is constant research and development, searching for ways to provide relief with increased safety and fewer side effects. Selective NSAIDs are formulated to target the "bad" prostaglandins of inflammation and spare the protective ones. The most prominent of these in the equine world in the United States is firocoxib (Equioxx) which is good for longer courses of administration or when your veterinarian is especially concerned about side effects. Also gaining popularity is diclofenac sodium (Surpass), which is a topical NSAID. Other less commonly used but still effective NSAIDs are ketoprofen (Ketofen) and etodolac (Etogesic).

Keep reading for more information on alternatives! Continued on next page

Talk with your veterinarian to determine which NSAID is the best option for your horse's current situation & condition.

Always remember not to "stack" NSAIDs! Giving banamine and bute, or another NSAID, together can have the same effect as overdosing on either one.

BUTE & BANAMINE ALTERNATIVES USES, FACTS & MYTHS CONTINUED

OTHER EQUINE NSAID OPTIONS

Equioxx active ingredient Firocoxib: 1 dose lasts for 24 hours: Equioxx was the first non-steroidal anti-inflammatory drug (NSAID) of the coxib class used to control pain and inflammation associated with osteoarthritis in horses that has been approved for use in the U.S. As a coxib class NSAID, EQUIOXX targets COX-2 (cyclooxygenase-2), which helps generate chemicals called prostaglandins that are responsible for pain and inflammation, while sparing COX-1 (cyclooxygenase-1), which helps maintain normal bodily functions such as blood flow to the kidneys and gastric mucosal protection. Most NSAIDs currently approved for use in horses inhibit both COX-1 and COX-2. Firocoxib, the active ingredient in EQUIOXX Brand Products is a highly selective inhibitor of COX-2. Equioxx is available in pill form, as a paste or in IV form. Equioxx should not be used in horses who have had allergic reactions to aspirin or any NSAID. Be sure to ask your veterinarian if it is safe to use with other medications, as there are several drug interactions.

Previcox, active ingredient Firocoxib: FDA standards dictate that Previcox is illegal to prescribe or dispense for horses because an approved drug for horses, Equioxx, already exists. A few articles and a quick search indicate that Equioxx is cheaper than Previcox.

Ketofen, active ingredient ketoprofen: a non-steroidal anti-inflammatory agent of the propionic acid class that includes ibuprofen, naproxen and fenoprofen. Ketofen has analgesic and antipyretic properties. When used as directed, there are no known side effects or contraindications to this drug when used as directed. Intra-arterial injection should be avoided. Do not use in a horse if it has previously shown hypersensitivity to ketoprofen. Should not be used in breeding animals due to lack of testing. Drug compatibility should be monitored closely in patients requiring adjunctive therapy due to lack of testing for drug interactions.

Etogesic, active ingredient etodolac. Not as commonly utilized.

Surpass topical cream contains 1% diclofenac sodium. Diclofenac is a non-steroidal anti-inflammatory drug (NSAID) of the phenylacetic acid class. Surpass topical cream is indicated for the control of pain and inflammation associated with osteoarthritis (OA) in tarsal, carpal, metacarpophalangeal, metatarsophalangeal and proximal interphalangeal (hock, knee, fetlock and pastern) joints in horses. Dosage: Wear rubber gloves to prevent absorption into the hands. Apply a five-inch (5") ribbon of Surpass topical cream twice daily over the affected joint for up to ten days. Rub the cream thoroughly into the hair covering the joint until it disappears.

Contraindications: Surpass topical cream is contraindicated in animals with known hypersensitivity to diclofenac.

OTHER PAIN RELIEF OPTIONS (SOME OF THEM!)

Adequan, Pentosan, and Legend are used in the treatment of arthritis, degenerative joint disease (not from infections), or joint injury with associated lameness. They restores synovial fluid, stimulates cartilage repair and decrease inflammation and joint pain.

Sore-No-More Classic Liniment is our original, time-tested herbal formula for safe and effective pain relief due to daily exercise. Contains arnica, rosemary, lavender, witch hazel and lobelia. Limbers up and prepares muscles and soft tissue before exercise. Draws out heat, fluid and toxins while promoting circulation and cooling the affected area. Safely use under tack, wraps, bandages and ceramics. Well-known and widely used - also available for human use. Liquid & spray.

Bigeloil: Topical analgesic. Reduces pain & swelling of sore muscles, joints, legs & arthritis. Stimulates superficial circulation and has Antiseptic and antibacterial properties. Safe under wraps. Well-known and widely used. Liquid.

Bute-Less by Absorbine: Made with Devil's Claw extract, vitamin B-12, and yucca. Helps ease aches & discomfort from normal daily & training routines. Do not use with NSAIDs or in horses who have gastric/duodenal ulcers or are at risk for developing these. Available in pelleted or liquid form.



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2020
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To help ensure we have accurate information, please complete the entire contact section.

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Address:					
Primary Phone:			Alt. Phone:		
Email:					

Membership Applications \$25 per adult \$15 per youth*

NCHA # Adult 1		NCHA # Youth 1	
NCHA # Adult 2		NCHA # Youth 2	

All nominations include rider and all horses shown by PCHA member. Award recipients must participate in 40% of the PCHA approved classes. The rider and owner of any horse must be a PCHA member for points to count for year end awards. Only money won after paid nominations will count toward year-end awards.

NOTE: Youth are required to be PCHA members for points to count towards year-end awards, but the owners of horses they ride may be non-members.

Nominations \$75 per adult \$25 per youth

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Adult 2:		Youth 2:	
Adult 3:		Youth 3:	

My signature below confirms above membership information, nominations for year-end awards, and my donation to the PCHA.

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