

Trail markers

The Official Newsletter of the
Texas Endurance Riders Association

Volume 18, Issue 2
Winter 2018

New Board Members, 4-5

Recent Ride photos, 6

Equine Gastric Ulcers, 7-9

Weekender Renovation, 10-11

CT Convention, 12



www.texasenduranceriders.org

Trail Markers is the newsletter for the Texas Endurance Riders Association.

Kerry Lowrey (photo editor) and Carol Grosvenor (editor/designer) have stepped in to produce the TERA newsletter. Our hope is to help make TERA an inclusive organization for riders of all ages, skill levels and backgrounds. You will learn about advances in veterinary medicine, improve your technical skills, and pick up horse training tips, in addition to keeping up with upcoming rides and events.

Advertising rates are as follows (these are for black and white. Call or email for color rates):

Full page - \$80
Half page - \$50
1/4 page - \$30
Business Card - \$20

These are one time rates.

Classified section free to TERA members (up to 40 words).

No standing classifieds.

Classifieds to non-members— \$10.

New president Tommy Robichaux on trail at Quitaque Climb.

Photo courtesy: John Nowell <http://www.remuda.smugmug.com>

In This Issue:

TERA Calendar	2
Ad Rates	2
Classifieds	2
Table of Contents	3
Board of Directors	3
Editor's Musings	3
TERA Ride Managers Clinic Report	3
Nickers and Neighs (Outgoing Pres & VP)	4
Meet Trina Church & Tommy Robichaux	4-5
Ride Photos	6
Equine Ulcers, Dr. Bob Rogers	7-9
Tech Tips, Kirsten Lotter	10-11
James Sazama	11
Central Region Convention	12

Classifieds

ANTIQUE ARABIAN STUD! 6 Kingdom of Saudi Arabia Bedouin descended geldings. Superior cardio/pulmonary recovery, culled in the desert for endurance for 10,000 years. Raised on creeks, woods, slopes, not box horses. Al Khamsa Blue Star desertbreds. SALE NOW. 903-848-9425 leave message

CEDAR GROVE HORSE MOTEL. Overnight stabling and hookups in Dripping Springs, <https://www.cedargrovetx.com>, 512-825-9076

Upcoming 2019 TERA Sponsored Rides & Clinics

Central Region Convention

January 19, 2019
Tulsa, Oklahoma
TERA contact: Tommy Robichaux
512-826-7685
thomas.robichaux@gmail.com

Trace the Trails (2 day)

January 26-27, 2019
Trace Trails, Athens, TX
intro, 30, 25 & 50 miles
mgr: Kerry Lowrey
337-424-7074
KareBearLowrey@hotmail.com

River Run (2 day)

February 23-24, 2019
Land Heritage Institute,
San Antonio, TX
intro, 25 & 50 miles
mgr: Eron Howell
830-537-4604
eronh@gvtc.com

Shanghai Trails

March 30-31, 2019
KP Lodge, Pierce Ranch, Pierce, TX
25, 30 and 50 miles
mgr: Cindy Kovalchuk
281-961-5810
cindyatsaddlebrook@yahoo.com

Racing Stripes

April 12-13, 2019
Priefert Ranch, Daingerfield, TX
25/55 miles
mgr: Khristin Seymore-Norsworthy
832-928-6441
stormarab5@aol.com

Old Glory

April 27-28, 2019
C Bar Stables, Valley Mills TX
intro, 25 & 50 miles
mgr: Tommy Robichaux
512-826-7685
thomas.robichaux@gmail.com

Last Hoorah!

May 11, 2019
11404 FM 200, Cleburne, TX
intro, 25 & 50 miles
mgr: Kim Reeves
817-558-7146,
kimreeves87@yahoo.com

Intro 101 Clinics

Still in the planning stage.
Stay tuned for dates & locations!



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New Board Member Intros

From the editor, Carol Grosvenor

Four new people have volunteered to hold board positions for 2019, so introductions are in order. **Tommy Robichaux** is the new president, **Trina Church** is the new membership director. **Dr. Bob Rogers** is now the education director, and I am the newsletter editor. Everyone is excited to be serving you, and already have lots of great ideas. Dr. Bob has outdone himself with a detailed article on equine ulcers. Although long, we are printing it in its entirety, due to its importance, and **Kirsten Lotter** has submitted a great Tech Corner article on building her own LQ.

About myself: I work in the communications field currently serving as a web designer at UT Austin, where I've worked as a print designer, photographer, writer/editor, and webmaster since 2004. Prior to that, I ran a graphic design studio and taught at the college level. I have been married to David for 40 years, and we have two daughters and one grandson. We live on a small horse farm in Dripping Springs and provide overnight stabling. I have an LD appaloosa named Ladybug and have ridden hunters, dressage, foxhunting and trails. The kids were Pony Clubbers, so we spent a decade hauling them to shows, clinics, foxhunts, and put on a summer camp. In 1999, I started the Central Texas Riding Club, later a trail riding Meetup group, and was a member of Longacre Hunt in the 1990s. Bug and I did our first intro at 7IL when she was six. She's been my only endurance horse to date.

Ride Manager's Clinic Report July 21, 2018

On a scorching Saturday in July, TERA held the annual ride manager training session at C-Bar Ranch, near Valley Mills. The group huddled together in the bunkhouse with a small air conditioner and a fan, both trying as hard as possible to keep your hardcore ride managers from melting. If you're a TERA member, and have never attended a ride manager clinic, please seriously consider attending one, as ride managers are the most important volunteers in TERA, and not very many people have been through the training. All ride managers must be re-certified every three years by attending the annual clinic. Generally, the clinic consists of a hands-on, on-trail portion, and a classroom portion. Due to the 110° heat, we elected to forgo the outside session and focus on the classroom portion. In attendance were Caryne Edwards, Tommy Robichaux, Linda and Bo Parrish, Val Bixler, Nicole Duarte, Cindy and Rick Kolvalchuk, Kim Reeves, and Carol Grosvenor. Nicole is an attorney and also on the AERC board, and answered many legal questions. This clinic's focus was on current issues facing



the ride managers. One concern is unpredictable weather due to climate change, which has caused rides to be canceled or riders to cancel more frequently in recent years. This has made ride hosting economically challenging. There may need to be changes made to the way rides are managed to help mitigate some of the financial risk. The group also discussed ways to increase overall TERA membership and ride participation, as well as safety, logistical, and legal concerns.

Nickers and Neighs

Words from our outgoing president and current vice-president

Caryne's Retrospective

It's been rewarding serving as TERA's RM director, then Vice President and ending with President the last two years. There was much accomplished, but looking further down the trail, I'm excited about what is still to be done.

It was a privilege for Texas to host the National Convention back in March 2017. We welcomed the nation with Texas bandanas, spiced pecans, and wonderful speakers and more.

Our bandana program, I believe, is important to continue. At each TERA ride, purple bandanas are offered to mentors (both on trail and in camp), and green bandanas are gifted to our newbies.

The option for signing up for TERA membership online was offered for the 2018 year, and continues on for the 2019 year. You can sign up at rides, download and mail your entry in, or complete the online entry including payment. We had a couple of hiccups last year (as anything new might have), but looks to be going seamlessly so far for 2019.

We also soft-started the TERA store online. Members and Ride Managers, check it out. You can support TERA and order your awards at the same time. Want to see something else offered? We can probably add it!

I'm especially pumped about our new membership director's role. Trina Church who is passionate about endurance, (as many of us are) volunteered and was voted in to lead this up. Her attention will be to welcome new members, answer their questions, and make them feel welcome. She'll look into what's important for current members, outreach to potential new members, and overall, promote TERA and our sport. The task of registering members, and TERA card distribution is now shared between our Treasurer Russell Betts and myself.

Tommy Robichaux, your new President, has many good ideas on how to make

your association even better and continue to grow. He will be surrounded by a wonderful board of directors with a wealth of knowledge. Thank you, **Jen Masters**—TERA vice-president, **Russell Betts**—treasurer, **John Nowell**—secretary, **Val Bixler**—RM director, **Khristin Seymore-Norsworthy**—awards and publicity director, **Dr. Bob Rogers**—education director, **Trina Church**—membership director, and our adjunct board members; **Carol Grosvenor**—newsletter editor, **Kerry Lowrey**—co-editor, and **David Fant**—webmaster.

Thank you for allowing me to serve you, and I will see you on trail!

Caryne Edwards, Outgoing President

Start slow and succeed!

Jen Masters, TERA Vice-president

This month I would like to talk about getting Top 10 when you are just starting out. It's a personal pet peeve of mine for several reasons. When a beginner comes over beaming about getting top 10, it makes me cringe. The biggest reason is it's teaching the horse bad habits that are so hard to undo. You are teaching the horse that it's a race, and it will always want to run. Good luck undoing that behavior. Also, it is possible to go too fast in an LD, but you can't get away with it in a 50. So if you ever want to do a 50, go slower, and teach your horse how to take care of itself. It's so easy to add speed after the horse has learned how long the trail is. The horse's body develops at different speeds, with soft tissue being last to get strong. So, you are risking injury to your horse by letting it go too fast. Remember, we all win the same T-shirt.

Trina Church, Membership



I met Trina at Pedernales State Park in 2016. Trina and John Dufour came riding up to the mid-point rest area, while my riding buddy and I had taken a break for lunch, so they joined us. Although she'd been riding most of her life, she had recently found endurance. If I had to sum Trina up in one word, it would be **"enthusiastic."** She'll bring mountains of energy to the organization. With an MBA in Business Management, she's trained in management and marketing—key elements in this role.

Trina works for Varsity Tutors in a sales/marketing capacity. She is married to Daniel Moya and has one son Darien, who is a sophomore at UT Austin studying Electrical Engineering. She and Daniel live in New Braunfels and keep their four horses, three cats and four rescued dogs on their property there. Besides her animals, family, and work, she is an avid reader, a self-described foodie, and loves to travel.

She started riding at age four, and over the years she tried various equine sports. She says, "I have always loved riding, but truly had not found a discipline that I was in love with until endurance came along." She started into endurance in 2016, and learned from more experienced riders, as well as by volunteering to help Eron Howell host the River Run and Heart of the Hills rides. In

her quest to learn more, she bought every endurance book she could find,, found some amazing veterans to help make some changes, and hung around the vet checks after her LDs to watch and learn.

Trina wants to market and grow TERA as well as make new members feel welcomed at rides. She plans to use her marketing expertise to tell people about the sport and support Dr. Bob Rogers, the new TERA Education Director, in reaching out to people who attend the new rider clinics. She'll continue using the bandana program, and follow up with new riders and clinic attendees after the events. She wants to grow the younger member base to insure rider participation, and increase the overall TERA membership by using social media, email, phone calls and in-person chats to boost new member confidence and inclusion. She explains that she is not a seriously competitive rider, so she'll be volunteering at rides, and trying to attend more of them than she has in the past. If you have ideas for membership growth and participation, please feel free to contact Trina.



Tommy Robichaux, President

I also met Tommy at Pedernales, a state park west of Austin, in 2007. At that time, his horse Scarlett was nine. Years earlier, someone had dumped a pregnant mare and

a stallion with him, although he knew little about horses. Scarlett was that foal, and he held her at birth. He had known her all her life, but in 2007 he was a green, untrained rider. I gave him a few pointers—showed him how to ride in half-seat, post a trot, and sit a canter. After that, we met more people at Pedernales who rode endurance. They coached us on it, and in 2009 several of us went to 7IL for our first ride. One of our mentors has since died, and the others have quit riding, but they left Tommy with a lasting passion for riding and endurance.

As the second of seven sons of a pipefitter, they were not wealthy, but one brother had a quarter horse that was boarded locally. That experience planted a seed in his brain, but it wouldn't grow to fruition until those horses showed up on his doorstep half a lifetime later. He grew up in Houston, where he attended private Catholic schools. Unfortunately, he was born with a weak eye, and an operation to correct his vision was unsuccessful, leaving him blind in one eye. This meant he wasn't able to the play ball sports that most children grow up playing, and is likely why riding

horses became such an integral part of his adult life. Endurance is the only sport he was ever able to compete in. When you start your riding career at 58 (when many others are quitting), you've got a lot of lost time to make up. That's what he's been doing since that first ride at 7IL a decade ago.

After high school, he spent two years in junior college studying business, and then went into the trades, specializing in carpentry. Since his father was a pipefitter, he learned plumbing as a child, often paying for some of his school tuition with his early earnings. He also spent two years working with an electrician, which proved to be immensely helpful. Although proficient in all the trades, he usually now works as a building contractor or carpenter. However he can lay tile, roof and frame a house, build a barn, design a rainwater system, mill

a wood floor, sheetrock a wall, paint a ceiling, mill a door, build furniture and cabinetry, renovate a trailer, build an arena, or put in a driveway.

He met his wife Nancy of 40 years when she was walking her dog, back in Houston. Tommy and Nancy raised three daughters and a son, along with many of Nancy's rescue dogs, and now they also have three granddaughters. Nancy isn't a rider, but they enjoy music, traveling with family, hiking, Cajun food, kayaking, and sometimes a half marathon. Tommy also built their home about 25 years ago.

Tommy's horse hobby grew over the past decade after the children left home. Scarlett is 20 years old now, but she's still competing in LDs. He also acquired two Arabians: a gray gelding named Cash, and a chestnut mare named Uptown Spring Break (aka Corinna). Cash is doing LDs and Corinna is doing 50s. Corinna, in particular, seems promising as a 50 to 100 mile horse. Over the last few years, he and these horses have been all over the country competing in rides as far away as Alabama, Missouri, Colorado and New Mexico. He's experienced victory and defeat, but he never gives up, even in the toughest conditions, while continuing to learn from both the successes and the failures. Tommy is now a true horseman.

Taking on the presidency of any volunteer organization is a huge, thankless undertaking, but it can also provide a way for someone to give back to his community. Tommy sees it as a way to help grow the sport and mentor new riders. He feels that mentoring others is what his mission is now. He'll work hard to make TERA better for everyone.

One of his concerns is how to keep rides profitable enough that ride managers will continue to be able to host them. This means getting more people to the rides and getting more people involved in TERA. He also wants to grow the mentoring and new rider programs, and is enthusiastic about the opportunity to serve as TERA's president.

Tommy in Bandera, by Carol Grosvenor, 2009. Trina at Quitaque, by John Nowell, 2018.

Unicorn Hunt & Quitaque Climb



Unicorn Hunt

Kennard, Texas, September 2, 2018



Quitaque Climb

Pole Canyon in Quitaque, TX,
Oct 6-7, 2018

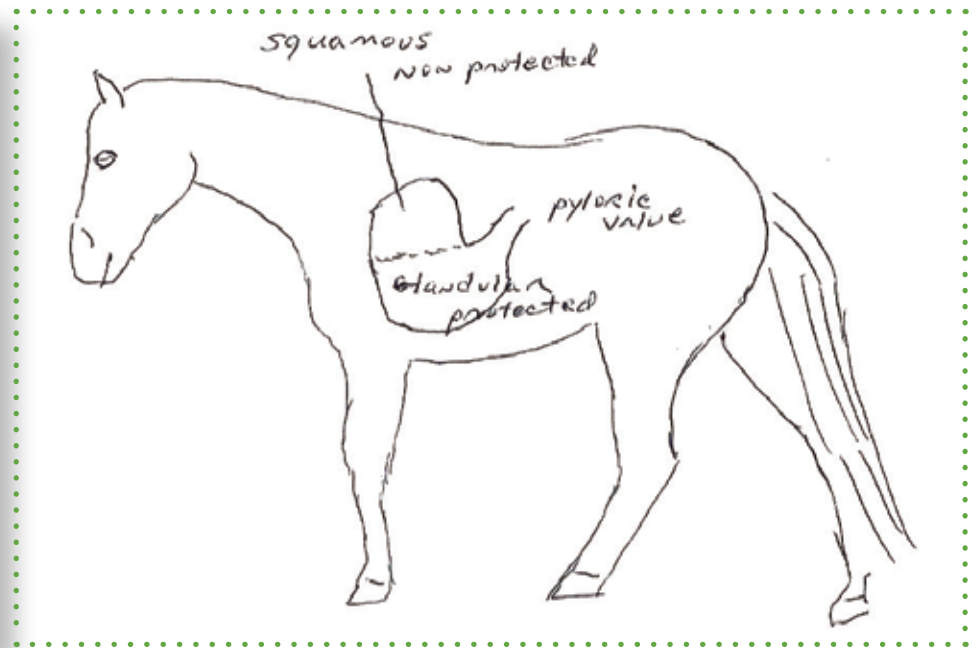


Equine Gastric Ulcer Syndrome

By Bob Rogers, DVM and Kendal Stephanow, edited by Carol Grosvenor

Bob Rogers, DVM, Education

Dr. Bob hails from Silver City, New Mexico, and graduated from high school in El Paso, Texas. He was a 1975 Graduate of Texas A&M School of Veterinary Medicine, with seven years practice in zoo and exotic animal practice (reptiles and avian), 12 years in small animal emergency, seven years in equine practice. He has been a veterinarian for 43 years and loved every minute of it. He is one of the Central Region's ride vets. The prevalence of ulcers in endurance horses is up to 85 percent while competing.



My horse, Hatch, had ulcers and it caused him to colic five times. The last colic was fatal. I have studied ulcers at great length in the hope of avoiding another disaster like this. I hope I can help you to avoid problems, as well.

Overview

The equine stomach is divided into two parts. The top part is the squamous section, which is not protected from stomach acid. The bottom part is the glandular part, which has a mucus lining to protect it from stomach acid. There are three main types or locations for ulcers in adult horses: the upper or squamous section of the stomach, the lower or glandular region of the stomach, and the colon.

Causes

Most ulcers occur in the upper or squamous part of the stomach. This part is not protected from stomach acid. Any exercise faster than a trot causes the stomach to contract, pushing acid up to the unprotected area. Running (faster gaits) also decreases the blood supply to the stomach lining while increasing the acidity. In the glandular part of the stomach where the stomach is protected from acid, stress, and in rare instances non-steroidal anti-inflammatory drugs (NSAIDs), are the main causes of ulcers. Stress causes the loss of

natural defenses like prostaglandins (lipid compounds with hormone-like effects). (Chermamie WWVC 2015). Glandular ulcers heal more slowly.

Ulcers are multi-factorial in the horse in which stress plays an important role. Prostaglandin E, which is essential for the protection of the stomach lining, is decreased by stress, as is blood flow to the stomach. Gastric emptying is prolonged, which in turn causes longer exposure to acid. Acid production is increased by stress. The stresses of training, trailering, strenuous exercise, and a new environment with many new horses, and discipline on the ride all play a major role in the development of ulcers. The biggest stressor is fighting with a horse that wants to go faster. An emotionally fit horse, which is not fighting with the rider to move faster, will have a much lower risk of ulcer development and less severe ulcers with lowered stress levels.

Overdose or prolonged use of NSAIDs—like Bute, Banamine and Previcox—may cause ulcers. Ulcers caused by NSAID overdose are most common in the pyloric area (the valve at the very bottom, of the glandular stomach) and colonic ulcers (Hind gut ulcers.) A dose of NSAID to treat colic will not cause an ulcer, but it will delay healing of an existing ulcer.

Pathogenesis (the disease process mechanism)

Gastric ulcers cause pain, decrease the adsorption of nutrients, and can lead to colic by slowing gastric emptying, and therefore slowing intestinal motility. This is not a good thing because in a dehydrated horse, an impaction can result.

Risk factors

Feeding routines. The old theory that feeding only twice per day vs. constant grazing contributes to ulcers is not clearly supported by the research data. Findings suggest that the time at pasture vs. stall feeding and other risk factors associated with feeding might not be as great as previously believed. Even if these conditions are improved, ulcers are not reduced as long as training continues. (Chermamie WWVC 2015)

Training methods. Associations have been shown between individual trainers, (those who use natural horsemanship and non-resistance training vs. more stressful techniques). Urban areas, lack of direct contact with other horses, solid barriers instead of rails, and talk radio (rather than music radio) in the barn increase the risk.

Feeds. Feeding alfalfa hay and grain results in less acidic gastric pH. An adverse effect is observed with increased starch/grain intake.

Signs

A wide range of clinical signs might be present in individual cases of EGUS (Equine Gastric Ulcer Syndrome) with varying degrees.

Non-specific signs include reduced appetite, poor body condition, weight loss, poor coat condition, behavioral changes an aggressive or nervous disposition, fatigue, and poor performance. (*EAVIM CS 2015*)

More specific and serious signs include abdominal discomfort, acting “cinchy,” and acute or reoccurring colic, especially colic after eating. Standing parked out, and lip curling during colic are highly suggestive of an ulcer.

Colonic ulcers can present as intermittent or chronic diarrhea, teeth grinding or cribbing. Colonic ulcers can cause a flaccid paralyzed colon, which can cause a torsion or “twisted gut” colic. (*Pellegrini, JEQV Sci, 2005*) With severe cases, jaundice (yellow mucus membrane) and ventral edema can be seen. (*Davis NAVC 2005*)

There are no signs that clearly differentiate between glandular, non-glandular or squamous ulcers, and/or colonic ulcers. Given the numerous problems that can potentially contribute to such non-specific signs, many other causes for these symptoms (dental issues, parasitism, etc.) should always be considered. It is not possible to diagnose Equine Gastric Ulcer Syndrome based only on ‘characteristic’ clinical signs.

Diagnosis

Gastroscopy (looking in the stomach by placing a scope up the horse’s nose into the stomach) is the only diagnostic test that can identify gastric ulceration. It has the advantage of identifying squamous ulcers and/or glandular ulcers, which will affect the treatment protocol, as well as provide a more accurate prognosis. Gastroscopy does not give us a good idea of the severity of the ulcers or if it is causing symptoms or pain. Blood test or fecal tests (Succeed) to diagnosis stomach ulcers are not reliable.

(*Sykes ACVIM 2014*) The presence of albumin or hemoglobin in the feces has no correlation with the presence of ulcers.

For colonic ulcers, low serum albumin and low serum calcium can aid in the diagnosis and guide treatment.

Pharmaceutical Treatment

It is very important to determine whether there are glandular ulcers and/or non-glandular or squamous ulcers, as the treatments are very different. For this reason, treatment without prior gastroscopy is not recommended.

I believe in giving my clients all the options, so they can make an informed decision and fit the level of care they desire, along with their budget.

Empiric treatment (treating without a confirmed diagnosis) and looking for response is common where gastroscopy is not available or deemed too costly. The risk is the horse will not get well or may be treated unnecessarily. Response to a trial course of medication should show some slight relief in 7-14 days. Relief from pain can be seen in 30 minutes when the acid is neutralized by a quick acting antacid like Sucralfate. I always try an antacid protectant such as Sucralfate before giving the Banamine when treating a colic when I suspect an ulcer may be involved.

Acid suppression is the cornerstone of gastric ulcer management. “No acid, no ulcer.” Omeprazole (Prilosec, UlcerGard, Abprazole or a compounded formulation) is the best studied and only approved treatment. Because Omeprazole is inactivated by stomach acid, a buffered formulation or enteric-coated form must be used to protect it from stomach acid. It is available as a paste (GastroGard, UlcerGard), compounded powder or enteric-coated granules (Abprazole.) Buffered products like UlcerGard should be given fasting (two hours before feeding.) About 10 percent of horses adsorb Omeprazole poorly.

Omeprazole is 78 percent effective against squamous (non glandular) ulcers, but only 25 percent effective against glandular ulcers when used alone. Sucralfate, a protectant, should be given concurrently for treating glandular ulcers.

Dosage

A study directly comparing the bioavailability of four formulations (two enteric-coated granule formulations and two buffered formulations) to GastroGard found no significant differences in outcome. The enteric-coated granules (Abprazole) were 20 percent better adsorbed and did not have to be given fasting. (*Chermamie WWVC 2015*) The compounded formula was only half as well adsorbed, so lower doses are not recommended.

In another study no difference was noted between 1, 2, and 4 mg/kg PO (by mouth) once daily of enteric-coated granules. Lower doses of enteric-coated Omeprazole might be an option if only squamous ulcers are present. (*Lawrence, Vet Pr 9/2014*) A caution about lower doses of compounded powder: there might not be enough buffer to protect omeprazole from stomach acid, thereby decreasing adsorption.

The European Academy of Veterinary Internal Medicine’s opinion, based on currently available evidence, is that the use of buffered formulations at 2 mg/kg PO once daily (half dose) warrants consideration for squamous ulcers.

The duration of treatment also should be considered. A study showed 78 percent healing rate at 21 days for squamous ulcers. If healing is going to occur, it is typically complete by 21 days.

However, a series of recent studies showed only 14 percent of glandular lesions healed with 28–35 days of Omeprazole. A minimum of eight weeks of combination therapy of omeprazole at 4 mg/kg (or Nexium) plus Sucralfate three times daily is usually needed for glandular ulcers. Given the failure rate in treating glandular ulcers, the use of mucosal protectants like Sucralfate is recommended. Sucralfate works by a combination of adhering to and protecting ulcerated mucosa, stimulation of mucous secretions, stimulating prostaglandin E synthesis and enhancing blood flow.

A study in Australia showed glandular ulcers improved with Misoprostol, which contains the good protective prostaglandins and lowers stomach pH. It is recommended for gastric and colonic ulcers caused by

NSAID overdose. Misoprostol is superior to Omeprazole/Sucralfate for healing glandular ulcers. (*Varley ACVIM 2016*)

The use of antibiotics is controversial and generally not recommended since ulcers are not an infectious disease. The antibiotic of choice would be Doxycycline. (*Chermamie, WWVC 2016*)

Nexium

Nexium is five times stronger than Omeprazole. For squamous and glandular ulcers, over-the-counter Nexium 20mg (esomeprazole) at 2 – 3 capsules per horse once daily has been shown to neutralize stomach acid and heal ulcers. (*Huxford, NZ Vet 9/2017*) Nexium appears to be more effective for glandular ulcers. It does not need to be given while fasting, nor is it affected by high forage diets. (*Sykes, E Vet J 9/2017*) The trick is to get the horse to swallow it without breaking the enteric coating. More research is needed.

Equisure, by Kentucky Equine Research, is a sustained release antacid for the treatment of colonic ulcers. The effect of Sucralfate on colonic ulcers is not known.

Management for Prevention of EGGD Supplements

The effectiveness of Omeprazole to prevent recurrence of ulcers is not optimal. In a series of recent studies, 23 percent of horses receiving Omeprazole treatment at doses ranging from 1–4 mg/kg PO once daily had worsening of their ulcers when returned to training or racing.

Supplements

There are numerous supplements available with claims to treat or prevent ulcers. Almost none of these are backed by any scientific data.

Equisin and Smart Gut Ultra show promise. (*Sanchez, ABVP 2015*)

Corn oil at 1.5 oz. per day has been shown to lower gastric acid output, increase protective prostaglandins, increase bi-cab production, and increase mucus production and gastric blood flow, all of which are helpful in preventing ulcers.

Aloe Vera 18mg/kg for 28 days improved or healed squamous ulcers in 17 percent of horses (*Chermamie, WWVC 2016*) vs. 75 percent for Omeprazole. (*Bush Eq Vet J*

1/2018)

Bentonite clay will coat an ulcer, relieve pain and adsorb toxins, but will not promote healing. All bentonite clay is not equal with industrial grade containing lead. Daily Gold, from Redmond, is a type of bentonite clay (montmorillonite) marketed for equines, not to be confused with Renew Gold, another supplement, which is not clay. It is dosed by weight and fed without other supplements.

Nutritional Management for prevention

Little evidence exists for the role of diet in EGGD and as such the following recommendations are based primarily on risk factors identified for ESGD.

Although scientific evidence is lacking, the following recommendations are made:

1. **Continuous access to good quality grass** pasture is considered ideal, if for no other reason, it reduces stress and increases salivation. Free choice, or at least frequent feedings (four–six meals/day) of hay is a second option.

2. **Overweight horses should be on a diet.** Fat produces an inflammatory called Adipokine.

3. **Horses should be fed grain and concentrates as sparingly as possible.** Low starch feeds are recommended. Feeding of sweet feed should be avoided, as a large quantity of Volatile Fatty Acids will be produced.

4. **Water should be provided continuously.**

5. **Electrolyte pastes should be buffered, mixed in feed, or given in lower doses in water, or Aloe Vera juice.**

6. **Alfalfa should be provided as 25 percent of the forage.**

Prevention at the ride

1. **Omeprazole at the preventative dose** is legal, although not 100 percent effective.

2. **Free access to hay, with 25 percent as alfalfa.**

3. **Fed half of the grain at breakfast and half at the first break** to minimize splashing of acid onto the squamous area. Don't ride on an empty stomach.

4. **Less electrolytes more often and mixed with feed and water.** I prefer Perform and Win, as it is buffered, lower in electrolyte concentration, and is more palatable for the horse.

5. **Allowing the horse to eat grass during the ride** stimulates salivation which neutralizes stomach acid.

6. **Aloe Vera, bentonite clay, and especially corn oil.**

7. **Don't let the horse lie down within two hours of the ride.**

8. **Hydration, Hydration, Hydration.**

9. **AVOID STRESS!** Develop an emotionally fit horse.

Conclusion

Gastric ulcers can be controlled by affordable treatments and management practices. To truly cure gastric ulcers, you need to reduce stress by achieving an emotionally fit horse. (See my article in the last newsletter).

This article is based on The European College of Equine Internal Medicine Consensus statement -*Equine Gastric Ulcer Syndrome in Adult Horses, J Vet Intern Med 2015*, (available online at Wiley Online Library)

With more recent references as cited and available on request. drbob@yahtahey.com

Intro 101 Clinics Coming!

Dr. Bob wants to put on three Intro 101 clinics in different parts of the state in 2019. If you would like to help arrange a clinic in your area, contact Dr. Bob Rogers at drbob@criterfixer.com or call 281-460-8996.





I have done eventing, dressage and hunter/jumpers. Somehow, I never thought I needed a horse trailer with somewhere to sleep. Then I switched to endurance, camped once in sub-freezing temperatures in a summer-weight tent, and decided that was not going to happen again. Another motivation I had was that I am going to retire in the next few years, and one plan I have for my newly found free time is traveling and camping with my horses. I did not want to go into debt buying a gooseneck trailer with living quarters, so I looked around to see if I could find a trailer that met my requirements. I did fairly quickly, and in the big picture it was in decent shape and the weekend area had already been insulated. There were some things to be fixed, but structurally it was in great shape. It is a 3-horse slant load aluminum CM gooseneck with a six foot short wall (7' wide and tall). It does have a cowboy shower in the first stall with a water heater (haven't actually used that yet). Future plans include building a portable shower stall to use. I do not want to have water running in my horse stalls. For now, I have an enamel basin and pitcher for face washing and clean up, and use baby wipes, as well. I then pour the dirty water into a 5 gallon bucket I store under that counter.

I had no idea what would be involved building some storage and making the interior more inviting, but I knew I wanted something uncomplicated and simple. I have never done a trailer conversion before. I am a nurse with no training in construction. If I can do this, pretty much

Tech Corner:

DIY Weekender renovation

By Kirsten Lotter

anyone can. A tent with solid walls and a comfortable bed was what I was going for. I did find a good page on Facebook **"Horse Trailer Conversion II"** that guided me in basics such as the floor, ripping up carpet, painting, options for counters and so forth. Having the trailer already insulated was huge – that saved me a ton of time. When I pulled up the carpeting, I did put insulation board and ½" plywood down.

I have basic skills using tools. I own a hand saw and a hammer. The only thing I have built before was a wood tack box 20 years ago which is essentially still intact, so I guess that says something. Thankfully, the guy that takes care of the horses at the barn where my trailer lives, has great power tools and he let me borrow them. I used a power drill, power saw, and measuring tape.

One thing I focused on was not adding any more extra weight than was necessary. I used ¼" plywood where I could and used ½" where sturdiness was important. No 2x4's were used. I used a few 2x2's to frame the cabinet. I used super lightweight pine tongue and groove boards for trim and to cover the exterior of the boot box and the drop on the gooseneck. I bought a plastic dresser from Walmart for storage and covered it with a wood counter I stained and varnished. Also have another smaller drawer set that I keep horse essentials in (mostly small things I don't want to keep in my tack box that lives in the first stall of my trailer). I used garage tiles for my flooring. I really wanted to put down fancy fake wood planks, but decided I could spend that money elsewhere.

I don't own a sewing machine, so was dependent on iron on hem tape (it was sort of effective) for my curtains, Velcro and



staple gun (best purchase ever). Time will tell as to how well things hold together!!! I did install everything in such a manner that it would be easy to remove everything if necessary.

I do not have a covered area to work in, but do have my trailer parked next to a covered area in front of the barn where I was at least protected from the elements and could store my wood.

I did the entire job myself. No help at all. I did it during the summer, and let me tell you how much I sweated in the trailer painting, staining and installing stuff. I did find doing the interior stuff when the sun went down was much better. My luxuries include a microwave and a small fridge that runs off electricity. It cools off fast so I turn it on for a while before I leave (plugged in with an extension cord to the barn) and put some frozen water bottles in it for the trip. I run it off a generator during the day (at rides without hook up) and leave the fridge door closed at night to keep things cool. Works well. If I need ice boots, they have been freezing during the time I'm out riding.

Tips — make a plan but be prepared to



James Sazama, Saz"

Saz died November 7, 2018, from a massive stroke. The memorial mass and service was held on November 8th, at St. Mary's church in Plantersville TX.

I want to thank all my TERA family, for responding so quickly, and impressively. Thank you for coming to the hospital to say good bye to Saz, to sit vigil with him, until God took him home. Thank you, to all who traveled on such short notice. Thank you for the absolutely most beautiful flower arrangement. Thank you for the prayers, the love, the hugs, the comfort. Thank you for helping me get through this most terrible day. To those who could not attend, I thank you for the calls, e-mails, texts, Facebook comments, the cards, and the donations to my beloved trails. SHTC

Saz loved going to the endurance rides, the camping, the horses, the people to mingle with. He was a great crew chief, sometimes for half of Texas. He leaves a hole in my heart and an empty chair in ride camp. Thank you all, Love Sylvia (his wife for life).

change your plan if something isn't working out. Budget for wasted supplies. Know what you want the final project to function as and look like. Do you want it to be nice enough to entertain the queen in, or are you like me, looking for a cozy spot to relax in at the rides, that is functional and practical?

Don't close the doors, turn the AC on and paint – you need ventilation – ask me how I know. If it's hot, be prepared to sweat. Make sure you paint well in advance of your first trip so that it has time to air out. I left my walk-through door open for weeks to get the paint smell out.

Make sure everything is secure – I made little Velcro closures on the dresser drawers to keep them closed while driving – the Scotch brand extreme outdoor fasteners worked really well.

Put in an outlet that has a USB port – handy to be able to charge my phone or watch in the trailer. I have ZERO electrician skills so I have lights and water pump that work off my 12V battery – everything else works off hook up or generator. I also have small lights that use AA batteries and have a remote to turn them on and off (and a timer to turn off) – so nice to be able to have lights when you get up in dark and not be fumbling around for a switch. I also have a fan with rechargeable lithium batteries that also works plugged in – nice for warm nights during generator off time.

Make provisions for some sort of middle of the night potty – I have a five-gallon Home Depot bucket with trash bag, kitty litter and lid. Works great. No smell. I just toss the trash bag when I get home.

I knew going into this that my efforts were unlikely to produce a trailer that someone else would want to pay big bucks for down the road. That was not my intention at all. Keep that in mind. Not everyone is going to like your decorating or construction style/skill.

My biggest tip is **BEFORE** you start on it, camp in the empty shell a few times to get a feel for what you can live without, what is essential, and how much space you have. Look in other people's

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trailers that they have done and see what you like. Take your time; it's not a one weekend project. Mine took from April until September with a few breaks.

Winter 2018



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Join your friends for a great weekend in Tulsa, and save your questions and suggestions for new TERA president **Tommy Robichaux** (left) and **Dr. Bob Rogers**, new Education Director.

Dr. Bob will present on "Gastric Ulcer Syndrome" and "How to Stand for BC." **Kathy Moore**, owner of Sugarfoot Jog Ranch, in Waller, Texas, and accomplished Natural Horsemanship Instructor and Master Trainer, will speak on "How to Read Your Horse" and "How to Train for Emotional Intelligence." A panel discussion made up of AERC veterinarians will follow.

Friday evening is a social. The convention starts at 10 a.m. on Saturday for the speakers and awards banquet. Tommy & Dr. Bob hope to see you there!

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If you have questions, please contact Tommy Robichaux at 512-826-7685 or thomas.robichaux@gmail.com

