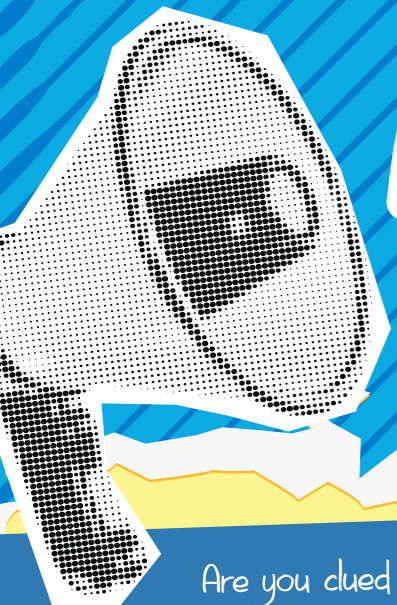


LAMINITIS ALERT



Are you clued up on laminitis? Find out right here!

There's sooo much you can do to help prevent laminitis or increase the chances of your pony making a quick and speedy recovery if he is unlucky enough to get it. But you need the know-how! Take our quiz to discover if you're a laminitis know-it-all or if you still have lots to learn.



I SCORED...
10

1 What's the main cause of laminitis?

- A. Lack of exercise
- B. Inadequate hoof care
- C. Too much starch and sugar in the diet
- D. All of the above

2 What are the common signs of laminitis?

- A. Strong digital pulse, lameness, reluctance to walk or turn, heat in the feet and shifting weight from one foot to another
- B. Smelly, tar-like discharge in his feet around the edges of the frog
- C. His hooves will start to crack and he might show some lameness
- D. He'll develop chronic hoof abscesses that will need draining by the vet or farrier

3 If you're worried your pony has laminitis, you should...

- A. Put him in a dark stable with plenty of bedding, food and water and call the vet
- B. Bring him into his stable, put down a deep bed, but don't offer any food, and call the vet
- C. Get him off the grass, take his temperature and see how he is in a few days
- D. Bandage his legs to prevent any swelling and make a note to soak his hay from now on

4 How can you help prevent your pony from getting laminitis?

- A. Keep him in his stable 24/7
- B. Pay attention to his diet and waistline, make sure he's not overweight, help him lose weight if he needs to and avoid fast work on hard ground
- C. Exercise him as much as you can. The more he works, the less likely he is to get it
- D. Cold hose his feet every morning and only turn him out in the field every other day

5 Which of the following statements are true?

- A. Only native ponies can get laminitis, as it doesn't affect horses
- B. Laminitis can affect any horse or pony all year round, but it's most common in spring and autumn
- C. If your pony gets laminitis once, he's more at risk of getting it again
- D. Laminitis damages the sensitive laminae inside your pony's feet

6 In most cases, laminitis is caused by other health conditions, such as...

- A. Equine metabolic syndrome (EMS), pituitary pars intermedia dysfunction (PPID), colic or concussion
- B. Abscesses in the feet, thrush, seedy toe and cracked hooves
- C. Tendon sprains or joint infections
- D. Feather mites, rainscald and mud fever

7 If your pony has laminitis, your vet might advise...

- A. Increasing his exercise immediately and providing more turnout time in the field
- B. Lunging him for now because the extra weight of a rider will cause more damage to his feet
- C. Keeping him on box rest until he's better and making some changes to his diet
- D. Putting him on box rest for ever. You can't risk it happening again

8 Your pony's digital pulse is found...

- A. Pretty much anywhere on his body
- B. Behind his pastern where it joins the fetlock
- C. In his hooves
- D. Just behind the withers

HOW DID YOU GET ON?

- 0-4 points**
Foot fall
Good effort, but there's still more to learn. By understanding what causes laminitis and what to do if you suspect your pony has it, you'll increase the chances of your pony's full recovery! Why not read up a bit, then give our quiz another try?
- 5-7 points**
Foot steps
Well done! You have a fair understanding of laminitis, but there's still room to further your knowledge. Now's the time of year to be extra vigilant where this nasty disease is concerned, so make some time to brush up on your lami skills!
- 8-10 points**
Foot perfect
There's not much you don't know about laminitis and you can rest assured your pony's in the safest of hands! Continue to watch out for early signs so you can get your pony the right help early if the worst should happen. Great result!