

EQ. GERIATRIC BLOOD EXAM – Part One

INSULIN RESISTANCE (IR)

- Geriatric = > or = 20 yrs. Old

- When to test:
 1. If approaching 20 yrs. old or older.
 2. If already diagnosed with IR or Cushing's or exhibits symptoms listed below – regardless of age, but more likely from early teens or older.
 3. If history of:
 - Founder/Laminitis
 - Chronic non-healing wounds
 - Re-occurring infections: respiratory, foot abscesses,
 - Long Shaggy Hair
 - Cresty neck
 - PU/PD = drinking a lot – urinating a lot (even though this is many times due to boredom, still needs to be ruled out).
 - Overall muscle loss
 - Redistribution of fat = to neck, eyes and tail head

- Blood Test Procedure:
 1. Draw blood 1 to 1.5 hours after fed so that the horse has eaten the majority of its meal.
 2. Test results can take up to one week.

- Treatment and Maintenance (if positive):
 1. Dietary changes:
 - Decrease “non-structural” carbohydrates such as = corn, molasses, carrots, peppermints, oats, alfalfa, apples, sugar.
 - Good Carbohydrates = beet pulp, *any grass hay, *Grass hays still have some “non-structural” carbohydrates, so to help get rid of them; you can soak your hay in water overnight and the water will “wash them out”. If this is not possible, then feed smaller amounts multiple times per day so that the horse is not getting a big “carb” load all at once.
 2. Fenugreek supplementation
 - Start with one tbspc twice per day.
 - Life long supplement and must be adjusted as test results dictate.
 3. Recheck every 30 days until stabilized, then once per year unless clinical signs change.
 4. *Evaluate ingredients in supplements other than the Pergolide and Fenugreek for “hyperglycemic warnings”, and if present, do not feed to this type of horse.