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July 2015 e-News



'Mintz' Gets Back in the Game After Rare Ovarian Tumor *by Lauren Fisher, Jump Media*



When Dr. Carl Gittens noticed that his Thoroughbred mare, Mintz, was acting unusually aggressive towards other horses, he knew there must be an underlying cause to her behavior. Gittens, a human physician, is an amateur polo player with a string of horses at his farm in Stuart, FL. He bought six-year-old Mintz two years ago and, until recently, she had

always been a gentle horse.

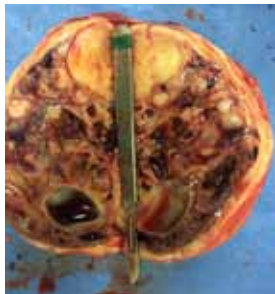
"She began mounting the other mares, and one day I brought two mares from Wellington back to my barn and she went crazy," Gittens detailed. "She was banging on the door, kicking, all kinds of things just like a stud would do and I really thought she was going to hurt herself. I finally decided that it had to be taken care of. She

became very violent and it was a bad situation."

"I had her for a year and half when it happened," Gittens added. "She is an excellent horse; she never had any problems. My groom rides her more than I do and he just loves her. When he found out what was happening, he said we had to do something because we could not afford to lose this horse."

Dr. Gittens consulted his primary veterinarian, Dr. Paul Bryant, who began investigating hormonal causes of the behavior change. He performed a rectal palpation and trans-rectal ultrasound examination for evaluation of her ovaries and uterus. Mintz had a severely enlarged left ovary on palpation with an abnormal "honeycombed" appearance on ultrasound. Dr. Bryant suspected an ovarian tumor and referred her to the team at Palm Beach Equine for evaluation and surgical removal of the left ovary.

Palm Beach Equine Clinic received Mintz on May 20, 2015. Under the expert care of Dr. Weston Davis and the team at PBEC, she underwent surgery to remove the left ovary. The surgery was performed with Mintz standing, using a minimally invasive key-hole surgical technique called laparoscopy. She was sedated for the procedure and pain management was performed with a combination of intravenous medications, an epidural, and local anesthesia of the skin, abdominal musculature, and ovary. The enlarged left ovary was visualized laparoscopically and the vasculature ligated using electrocautery instruments. The ovary was then removed entirely through a small flank incision. The gross appearance of the enlarged and distorted ovary was consistent with the granulosa/thecal cell tumor type. Immediately after the procedure, Mintz was walked to her stall and soon allowed to resume her normal diet.



Dr. Davis explained that a granulosa/thecal cell tumor is a spontaneous occurrence that is relatively rare in horses. It is the most common type of ovarian tumor in mares, and almost always benign. Because of the variety of cell types involved and the hormone production that may ensue, these horses may have symptoms ranging from failure to cycle to nymphomania to stallion-like behavior.

Mintz was given a good prognosis and recovered nicely from the surgery. After a few days of antibiotics and several weeks of restricted activity (stall rest), she was cleared for light exercise and she had no further episodes of abnormal behavior. With a busy work schedule, Dr. Gittens has not ridden her yet, but looks forward to getting back on the field soon. Mintz has been exercising with her groom, and Gittens plans to play her in Wellington this month.

Q&A

Learn more about Dr. Jordan Lewis

by Lauren Fisher, Jump Media



Dr. Lewis is a 2004 graduate of the University of Florida College of Veterinary Medicine. She completed her internship in equine medicine and surgery at the Equine Medical Center in Ocala. Growing up in south Florida, she began her relationship with horses as a young teenager and competed on the Arabian circuit.

Where did you grow up and what is your background with horses?

I was born in Manhattan, New York City and moved to Fort Lauderdale, Florida when I was eight years old. My dad grew up loving horses. When I was two, he bought a horse and we traveled to the Pocono Mountains every weekend to ride. My first experience riding

horses was riding double with my Dad every weekend through cornfields. When we moved to Florida, I was lucky to get my first pony and I was totally hooked on horses.

When and why did you decide that you wanted to become a veterinarian?

Through local 4H programs as a child, I had the experience of touring an equine surgical/ rehab facility and knew that was exactly what I wanted to do as my career.

What is your specialty/main focus as a vet?

I wouldn't say I have a main focus, I do everything from sports medicine and lameness exams to reproduction; however, no dental work!

When did you join PBEC and what do you like about working there?

I joined PBEC in June, 2005. I love the fact that we have a team of veterinarians to work with and consult on difficult cases.

What is some advice that you would give someone who wants to become an equine vet?

Be prepared that large animal veterinary careers are not only a profession, but a lifestyle.

What are some of your other hobbies or interests?

Spending time with my husband, animals and I am expecting a baby in November, 2015! We love to travel to visit family as well.

What do you love about your job?

I love being able to work outside with horses all day instead of sitting at a desk.

What is one of the most interesting cases you have worked on?

The most interesting case I have worked on was a pericardial effusion. I performed a pericardio centesis, which involves placing a drain within the sac around the heart to drain excess fluid and relieve pressure.

Cause, Prevention, and Treatment of Summer Sores

by Lauren Fisher, Jump Media



We have reached the middle of summer, but the heat and humidity are far from over in South Florida. With the damp weather, pesky flies are at their worst this time of year, which creates problems for many horse owners. The increase in fly population can often lead to summer sores, medically known as Habronemiasis. Summer sores are lesions on the skin caused by the larvae of equine stomach worms Habronema.

These worms in the horse's stomach produce

eggs that pass through the digestive tract and are shed in the horse's feces. Barn flies typically gather around manure and ultimately collect the parasite's larvae on their extremities. Summer sores will outbreak when flies carrying the larvae deposit the eggs onto an open wound or the mucous membranes of the horse. The larvae infect the open wound or mucous membranes, causing an inflammatory reaction including symptoms of inflammation, discharge, and the

production of granulation tissue infected with larvae. One way to detect a summer sore is the visible granulation of tissue containing small yellow, rice-like larvae within the skin and a mucopurulent (mucus or pus-like) discharge associated with the wound.

Prevention is the most effective way of controlling summer sore outbreaks. The best way to protect horses is to implement an effective method for fly control, manure removal, proper wound care, and most importantly, an effective de-worming program to disrupt the parasite's life cycle internally. The popular dewormer, Ivermectin, has commonly been used to kill both adult worms in the stomach and the larval forms in the skin tissue. Corticosteroids are administered to reduce the inflammatory hypersensitivity reaction, and antimicrobials treat any secondary infections that may develop as the result of an open wound. If not treated properly, summer sores can last up to several months and possibly require a costly surgical procedure to remove the granulated tissue and larvae.

At the first sign of a summer sore, contact your veterinarian at Palm Beach Equine Clinic at 561-793-1599 to discuss treatment and develop an effective fly management program for your barn.

PBEC Offers the Best in 24-Hour Emergency Care

by Lauren Fisher, Jump Media

Palm Beach Equine Clinic is renowned for its full-service surgical center and intensive care hospital located in the heart of Wellington, Florida. Board certified surgeons, primary care veterinarians and hospital technicians are scheduled 24 hours a day, 365 days a year to treat, monitor and care for critical cases. With world class veterinarians and a full staff of highly trained technicians, both clients and patients of PBEC are in the best hands possible.

Palm Beach Equine's surgical suite and staff is prepared to handle all kinds of emergencies, day and night. The large team of 24 veterinarians includes three Board Certified Surgeons who

rotate on call duties for all emergencies. This aids Palm Beach Equine veterinarians and all of the Southeast with the ability to treat their emergencies requiring surgical assistance quickly. The state of the art intensive care hospital is equipped with digital video cameras for the clinicians to easily monitor their patients from any location, at any time.

PBEC has the most advanced imaging technologies available on site, including Magnetic Resonance Imaging (MRI), Nuclear Scintigraphy (Bone Scan), Ultrasonography, Digital Radiography and Endoscopy. PBEC has a Board Certified Radiologist on site to interpret



images to assist with diagnosis. They also have a full-service laboratory on-site equipped with hematology, chemistry, and microbiology equipment to quickly help with the evaluation of each case.

For more information on our facility or in case of an emergency, please call (561) 793-1599 to contact an on-call veterinarian.