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> [Congratulate Dr. Stephen O'Grady, recipient of the AAEP's Distinguished Educator Award for Mentorship](#)

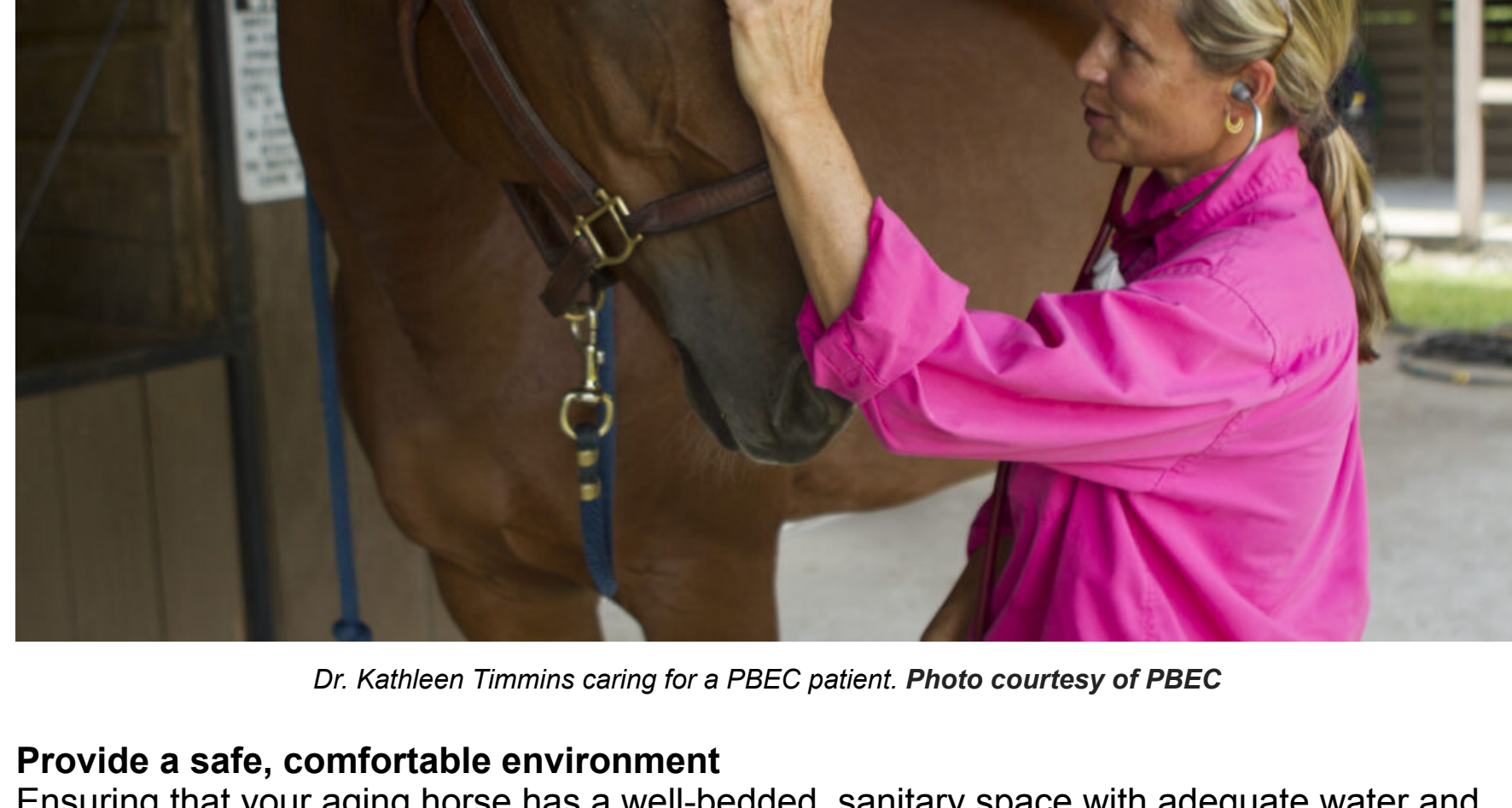
> [See how you can learn first-hand from PBEC veterinarians this winter](#)

**Considerations for the Aging Performance Horse**

**Part 2**

In last month's newsletter, we began exploring proper care, maintenance, and overall considerations for aging performance horses. To catch up on the nutritional, internal health, and dental care needs of the aging performance horse, check out part one [HERE](#).

Advances in diagnostics, therapies, and medications can help to support equine athletes and keep them performing well into their golden years. While many of the same health factors apply to horses of all ages, several additional and significant factors should be considered for the aging horse.

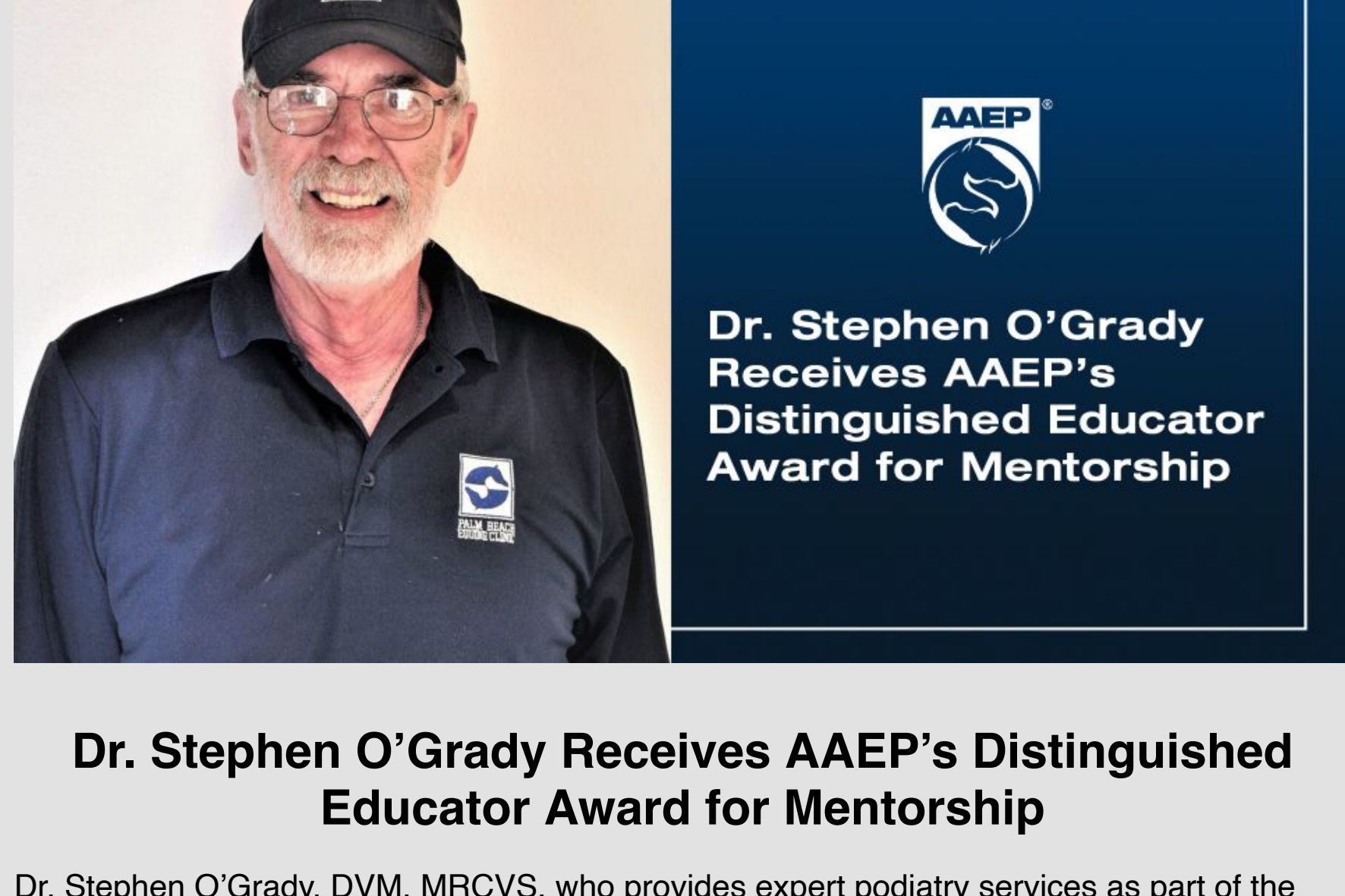


Dr. Kathleen Timmins caring for a PBEC patient. Photo courtesy of PBEC

**Provide a safe, comfortable environment**  
Ensuring that your aging horse has a well-bedded, sanitary space with adequate water and protection from rain, snow, direct sun, and biting insects will help keep them comfortable. Middle-age and senior horses may also become more sensitive to respiratory irritants such as mold, fungus, dust, and pollen. Therefore, it is recommended that barn and stall cleaning is done while the horse is in turnout or being ridden so they do not breathe in dust stirred up during cleaning. Minimizing their exposure to these irritants by maintaining a clean and well-ventilated stable will go a long way in keeping an older horse healthy.

**Schedule regular veterinary performance evaluations**  
Like all athletes, horses can experience physical setbacks and are not always quick to bounce back as they age. Osteoarthritis and laminitis are two common medical conditions that become more prevalent the older a horse gets. It is important for the middle-age and senior performance horse to be managed with proper veterinary care, farriery, and a suitable training program.

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**Dr. Stephen O'Grady Receives AAEP's Distinguished Educator Award for Mentorship**

Dr. Stephen O'Grady, DVM, MRCVS, who provides expert podiatry services as part of the PBEC team, received the 2020 Distinguished Educator – Mentor Award from the American Association of Equine Practitioners (AAEP).

The Distinguished Educator – Mentor Award honors an individual who, by his or her actions and commitment, has demonstrated a significant impact on the development and training of equine practitioners through mentoring. Dr. O'Grady was recognized on December 9, 2020, during the AAEP's Annual Convention & Trade Show, held virtually.

In addition to offering second-to-none podiatry care to PBEC patients, Dr. O'Grady has travelled the world extensively to teach and lecture at clinics and veterinary conferences on farriery and hoof care. He has taught proper hoof care to veterinarians, students, and owners in many developing nations to help them maintain the soundness of their working horses, donkeys and mules. Dr. O'Grady's accolades include induction into the International Equine Veterinarian Hall of Fame in 2003 as well as receipt of the 2009 AAEP President's Award and the 2019 Gold Medal from the South African Veterinary Association.

"I know of no other colleague who has mentored and trained veterinary students and equine practitioners in basic and therapeutic farriery, both domestically and internationally, nearly to the extent and with the competence and dedication of Dr. O'Grady," said co-nominator Dr. Harry Werner. "He teaches without any element of marketing, self-promotion, or advocacy of novel techniques absent any relevant outcome data. Thus, he promotes an ethical and evidence-based approach to farriery."

[Learn More About Dr. O'Grady](#)

**Save the Date: PBIEC Educational Series Featuring the Veterinarians of Palm Beach Equine Clinic**

In addition to being the Official Veterinarians of the Winter Equestrian Festival and the Adequan® Global Dressage Festival in 2021, Palm Beach Equine Clinic will participate in Palm Beach International Equestrian Center's (PBIEC) popular Educational Series, presented by Adequan®.

Mark your calendars for a virtual presentation entitled "Tips for Maintaining Overall Equine Health and Longevity" on Thursday, January 21, at 6 p.m. ET via Zoom. Participation is FREE, but pre-registration is required, and will soon be available [HERE](#). Participants will have the opportunity to virtually meet and learn from PBEC veterinarians, and be automatically entered to win prize giveaways.

[Learn More](#)



Dr. Marilyn Connor presenting as part of the 2019 PBIEC Educational Series. Photo by Jump Media



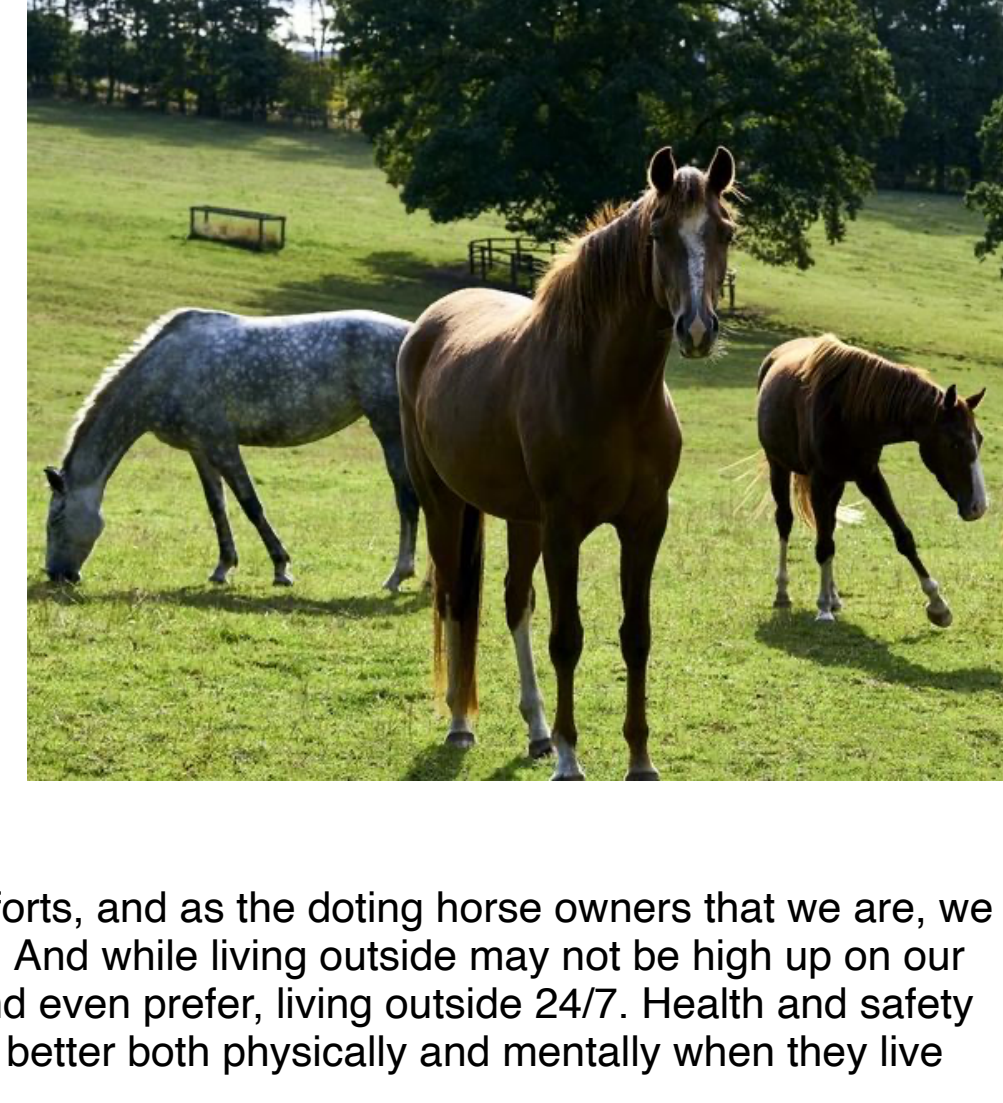
**Holiday Hours**  
 Christmas Eve – 8:30 a.m. to 1 p.m.  
 Christmas Day – Closed  
 Saturday, December 26 – Reopen at 8:30 a.m.  
 New Year's Eve – 8:30 a.m. to 1 p.m.  
 New Year's Day – Closed  
 Saturday, January 2 – Reopen at 8:30 a.m.

*PBEC veterinarians are always available in the event of an equine emergency. Please call 561-793-1599.*

**PBEC in the News**

**Let's Settle It: Do All Horses Need to Be Stalled?**

The writers at [NoelleFloyd.com](#) are teaming up to examine a few common myths (or, at least, commonly held beliefs) in the horse world. Why? Because some myths have prevailed while being simply untrue, or used to be true, but are not anymore. Some are not myths - they are actually valuable information! And some are, for whatever reason, super triggering to people and stir up all kinds of opinions (see: not immediately scraping the water off your hot horse while hosing makes him hotter).



Today's myth explores the horse misconception that all horses need to be stalled to live happy, safe, and healthy lives.

As humans, we enjoy our creature comforts, and as the doting horse owners that we are, we want our horses to live in luxury as well. And while living outside may not be high up on our list of "comforts," many horses enjoy, and even prefer, living outside 24/7. Health and safety exceptions aside, many horses perform better both physically and mentally when they live out.

We decided we needed the input of a professional, and turned to Dr. Janet Greenfield Davis.

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