

### What's in This Newsletter



PALM BEACH EQUINE CLINIC

- Shipping Horses Long Distances
- Meet Lujan Montiel
- Wellington's Premier Sport Horse Facility
- Unleashing Horse Power

## Shipping Horses Long Distances: How To Pave the Way for a Smooth Journey

As the winter competition season approaches, many owners and competitors will face the prospect of horses in their care making a long journey to reach a winter base or training facility. While traveling with experienced horses and handlers can be a breeze, there are considerations and measures anyone shipping horses over long distances can take to maximize their comfort and well-being.

### Preparation

Ensure the horse is comfortable and calm loading and unloading from the trailer before the day of departure. A negative experience while loading can significantly impact a horse's comfort and confidence levels on the journey.

All horses should be up to date on vaccines before traveling. Equine Influenza and Equine Herpes Virus (EHV-1) are highly contagious, deadly diseases and should be included in any routine vaccination program. Both vaccinations are mandatory for all horses attending a United States Equestrian Federation (USEF) competition.



### Shipping Fever

Shipping fever is a respiratory disease commonly associated with horses being transported over long distances. The stress of travel can weaken the immune system, and the horse's inability to lower its head for many hours can cause respiratory complications, particularly when the correct functioning of the trachea, which clears dirt and debris from the lower airway, is impeded. It can lead to pneumonia, pleuritis, and respiratory distress.

Common symptoms after travel are hyperventilation, high temperature, coughing, and nasal discharge. The horse may seem depressed and uninterested in food or water. If shipping fever is suspected, a vet should be called immediately. Untreated, it can be life-threatening.

[Read More in The Plaid Horse](#)

## Meet Lujan Montiel, PBEC Rotating Intern

*Originally from Corrientes in the north of Argentina, Lujan Montiel completed her veterinary degree in her home country in 2016, then specialized in treating polo ponies before joining the intern program at Palm Beach Equine Clinic (PBEC).*

### What is your background with horses?

Over the past eight years, I have worked primarily with polo horses, focusing on their care and management in a field setting — a very different scenario from Wellington and of course from a hospital environment.

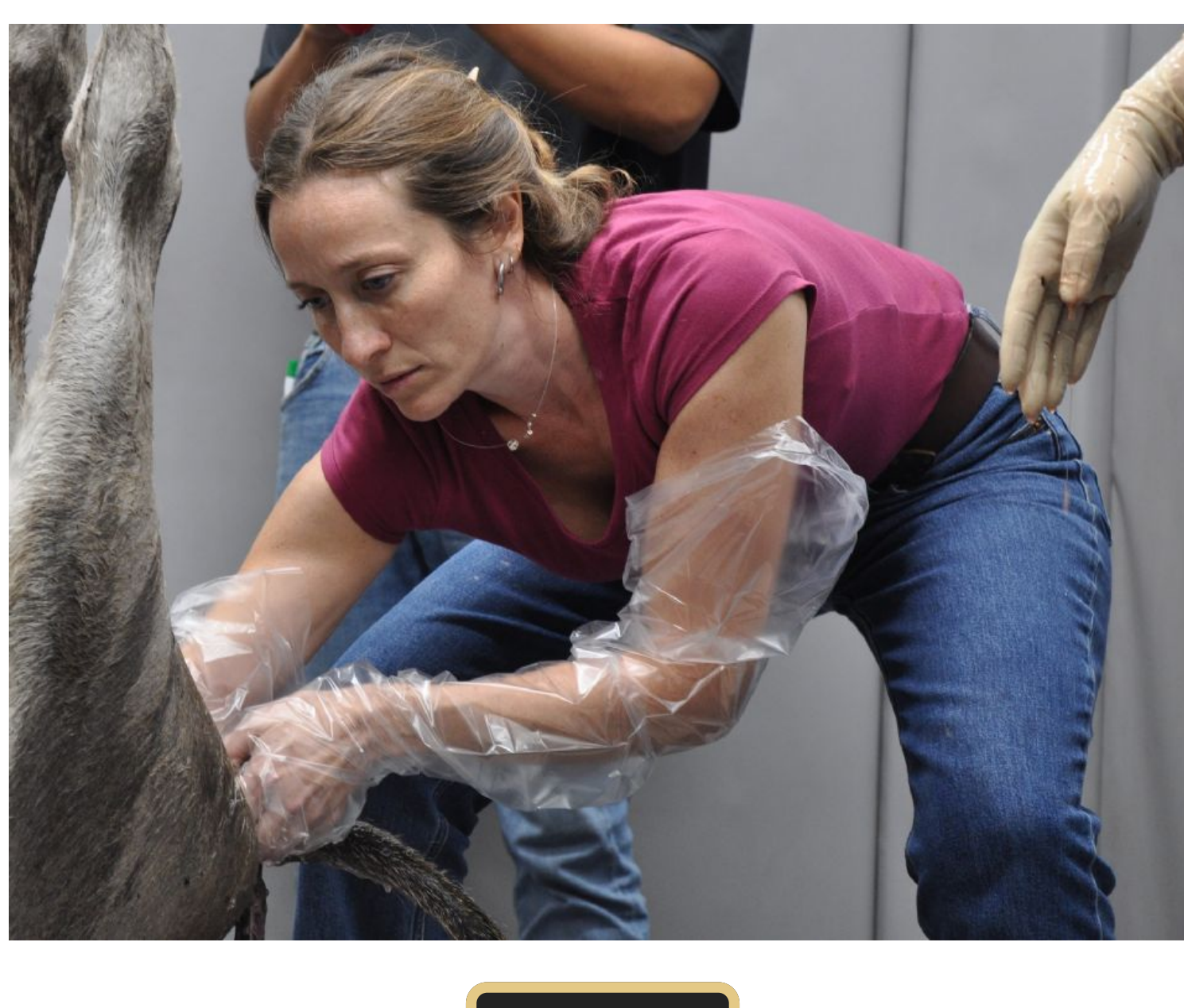


### When and why did you decide you wanted to become an intern at Palm Beach Equine Clinic?

Since 2023 I have been in contact with PBEC, exploring the possibility of joining the 2024-2025 internship program. My interest in this internship stems from a desire to broaden my expertise and gain a comprehensive view of equine medicine. I aim to specialize further by integrating the intensive care practices performed at the clinic, in addition to learning from the high-level professionals and advanced technology that the hospital offers for both hospitalized and outpatients.

### What does the internship program involve?

The program involves rotations through all areas of equine veterinary medicine, including internal medicine, surgery, anesthesia, sport medicine, ophthalmology, and dentistry. The structured rotations, changing every two weeks, provide a unique opportunity to develop skills across multiple disciplines.



[Read More](#)

## Don't Miss This Rare Opportunity!

Keep your horses at the prestigious Palm Beach Equine Sports Complex (PBESC) this winter. With 45 acres of top-notch amenities located steps from the Global Dressage Festival and minutes from the Winter Equestrian Festival, PBESC offers an unbeatable price point for the ultimate equestrian experience in Wellington.



With six rings, a 3/4 mile track, covered arena, and perfect location, Palm Beach Equine Sports Complex is where passion meets excellence. Spots are filling fast with only 15 stalls open — call Melissa Brusie today at 561-635-2661 to secure your place in this elite equestrian community! Learn more at [www.PalmBeachEquineSportsComplex.com](http://www.PalmBeachEquineSportsComplex.com).

[Learn More](#)

## More From Palm Beach Equine Clinic



"The contribution of each energy system and fuel source (carbohydrates, fats, and to a lesser extent proteins) varies depending on factors such as exercise intensity and duration, training status, muscle fiber composition, and oxygen supply to the muscles. Understanding these factors is crucial, as exercise is generally categorized into aerobic/endurance (low intensity over a long duration) and power/strength (high intensity over a short duration). In practice, pure endurance or pure strength activities are rare, and most sports combine elements of both." — Dr. Fernando Marqués of Palm Beach Equine Clinic

Have you read the latest piece on the PBEC website about energy systems for athletic performance? Read it now at [EquineClinic.com](http://EquineClinic.com)!

[Read Here](#)

## Palm Beach Equine Clinic: Make Us a Part of Your Team



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