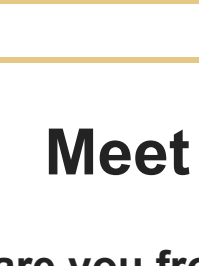


What's in This Newsletter



PALM BEACH
EQUINE CLINIC

- Meet PBEC Intern Sarah Océane Graf
- PBEC In the Media
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- Make Us a Part of Your Team

Meet PBEC Intern Sarah Océane Graf

Where are you from?

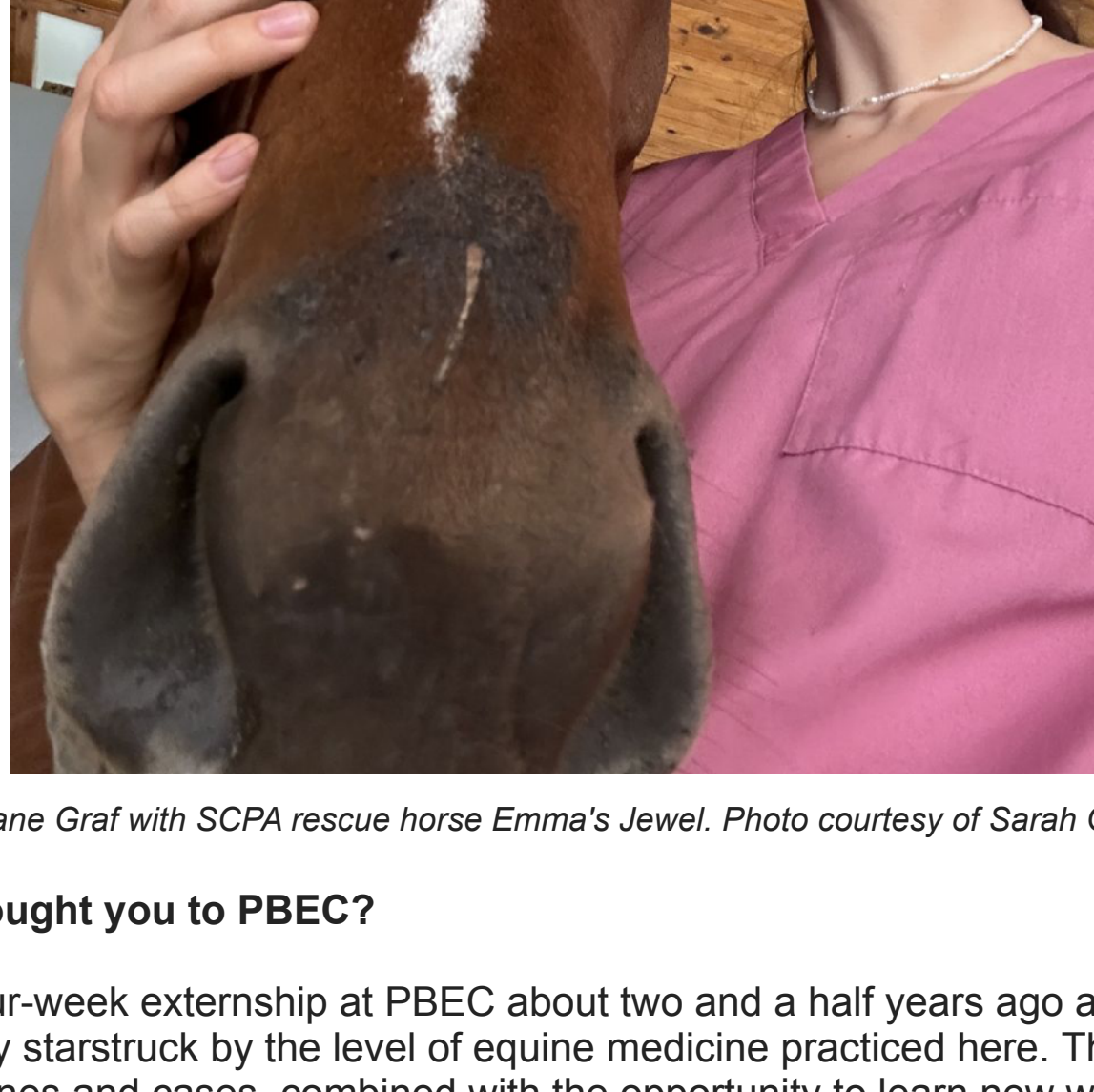
I was born and raised in Switzerland, where we speak four national languages — German, French, Italian, and Romansh (an old Swiss tongue that's still hanging on). I'm from Geneva, which is in the French-speaking part of the country and the best Swiss city in my humble opinion.

Where did you earn your degree?

In Switzerland, you can only earn a veterinary degree in the German-speaking part. When I was just four years old, I asked my mom if it was possible to have a vocation because I already felt like mine was becoming a veterinarian. Thanks to my parents' unwavering support, I was able to attend a bilingual school to learn German properly. I eventually studied veterinary medicine at the University of Zurich, which is in the largest city in Switzerland. Back home, veterinary school is structured into a three-year Bachelor's program followed by a two-year Master's. After completing both, we take the federal veterinary licensing exam to become fully qualified.

What is your background with horses?

I started riding when I was three years old and later competed in show jumping for almost 10 years. I had to pause during vet school, but horses have always remained the love of my life. I used to say that my passion wasn't actually show jumping — it was taking care of my horses, spending time with them, and getting to know them like my own friends.



Sarah Océane Graf with SCPA rescue horse Emma's Jewel. Photo courtesy of Sarah Océane Graf

What brought you to PBEC?

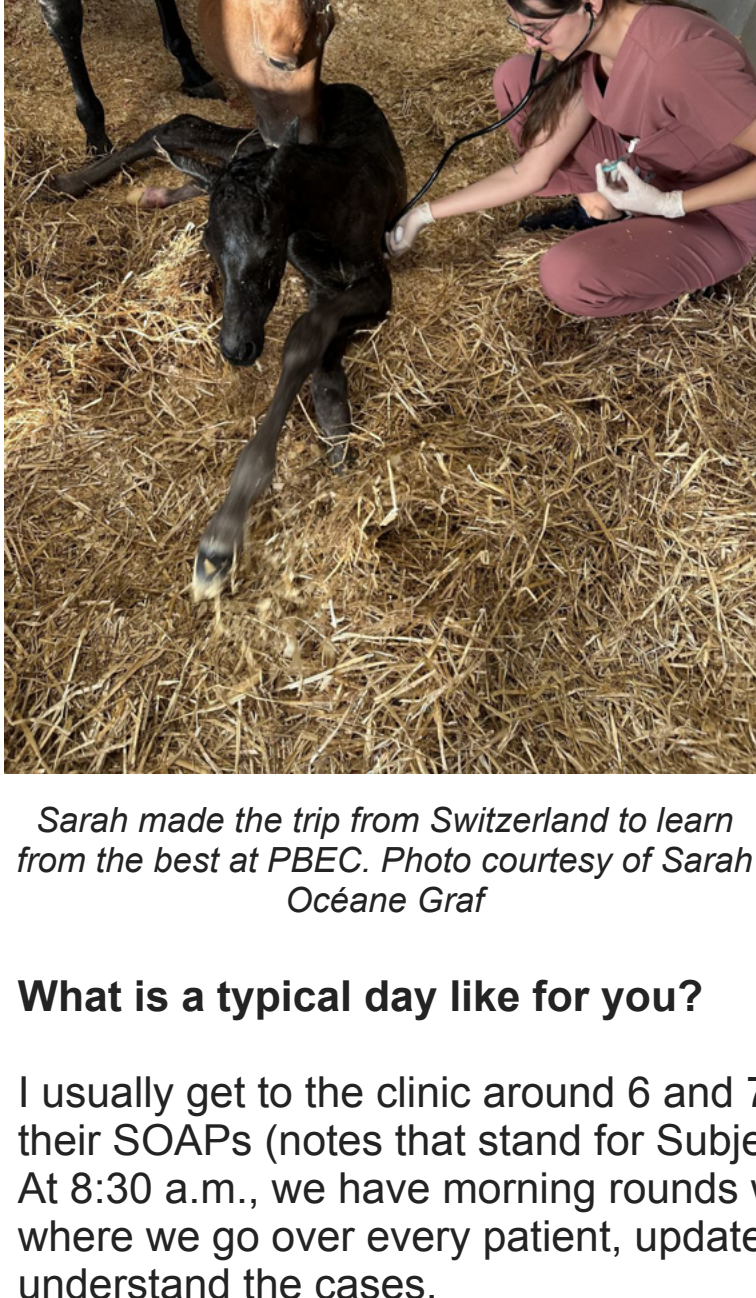
I did a four-week externship at PBEC about two and a half years ago and was absolutely starstruck by the level of equine medicine practiced here. The variety of disciplines and cases, combined with the opportunity to learn new ways of practicing, made me determined to come back.

I love sports medicine, and here you get to see everything — dressage, show jumping, polo, barrel racing, bucking horses, pleasure horses, and even Thoroughbreds. Each discipline brings its own veterinary challenges, and that variety is what makes PBEC so exciting. The clinic's facilities and the range of specialties, from sports medicine and internal medicine to reproduction and ophthalmology, make it an incredible place to learn. Also, doing an internship in a private clinic rather than a university allows me to practice more hands-on medicine and grow more confident and independent in my clinical decision-making.

What was the process of becoming an intern?

Honestly, it was easier than I expected, thanks to the amazing support from Dr. Swerdlin and his team. I filled out a couple of forms, submitted some documents, made a quick visit to the U.S. Embassy in Switzerland, and I was good to go. They really made the whole process smooth and stress-free. Once I arrived, I had to schedule an appointment to get a Social Security number.

As an international intern, I was a bit worried about housing and transportation, but the clinic has everything well thought out. We're provided with free housing in a lovely house surrounded by nature, and the company also offers cars for international interns who can't purchase one at the time of arrival. PBEC really ensures we have great living conditions so that we can fully focus our energy on the internship.



Sarah made the trip from Switzerland to learn from the best at PBEC. Photo courtesy of Sarah Océane Graf

What is the program like so far?

It's definitely challenging — not just the workload but also being so far from my family and friends for the first time, adjusting to a new environment and the working world, as well as figuring out how to be the kind of veterinarian I want to become. It's not always easy — internships aren't for everyone — but I'm adapting.

My colleagues and supervisors have been incredibly supportive, and that makes a huge difference. This program exposes me to every corner of equine medicine, helping me decide what path I want to pursue in my career. And I get to learn from some of the most experienced and generous equine vets out there.

What is a typical day like for you?

I usually get to the clinic around 6 and 7 a.m. to check on my patients and write their SOAPs (notes that stand for Subjective, Objective, Assessment, and Plan). At 8:30 a.m., we have morning rounds with the surgical resident and clinicians where we go over every patient, update their plans, and ask questions to better understand the cases.

After rounds, depending on my rotation, I might scrub into surgery, run anesthesia, or take in emergency cases. If I have a quieter moment, I'll research my cases to deepen my understanding or help with outpatient procedures. I also just enjoy spending time with the patients.

At 5:30 p.m., we do rounds with the overnight intern, who stays at the clinic until midnight (or later, depending on the case load) and is then on call until 8 a.m. One of the day interns is also on call for anesthesia each day.



The hands-on clinical work was a deciding factor for Graf when choosing an internship at PBEC. Photo courtesy of Sarah Océane Graf

What is something new that you've learned?

So much, and it's only been a month. I can now confidently run general anesthesia, place arterial and venous catheters, perform abdominocentesis, and do a flash ultrasound. I even got to inject a coffin joint! I've also spent time in the reproduction department and can now perform transrectal ultrasounds of the mare's reproductive tract, do uterine flushes and infusions, and place urinary catheters. The list keeps growing, and I'm so grateful for the learning opportunities.

What do you do in your free time?

I brought my dog, Pepper, with me, so we spend time at the beach in Palm Beach or Jupiter, run around the neighborhood, or go to the dog park. In the evenings or on weekends, I read and re-read Harry Potter.

I've also discovered the wonders of Target, Whole Foods, and the mall... I may or may not have spent at least 24 hours there already. 😊

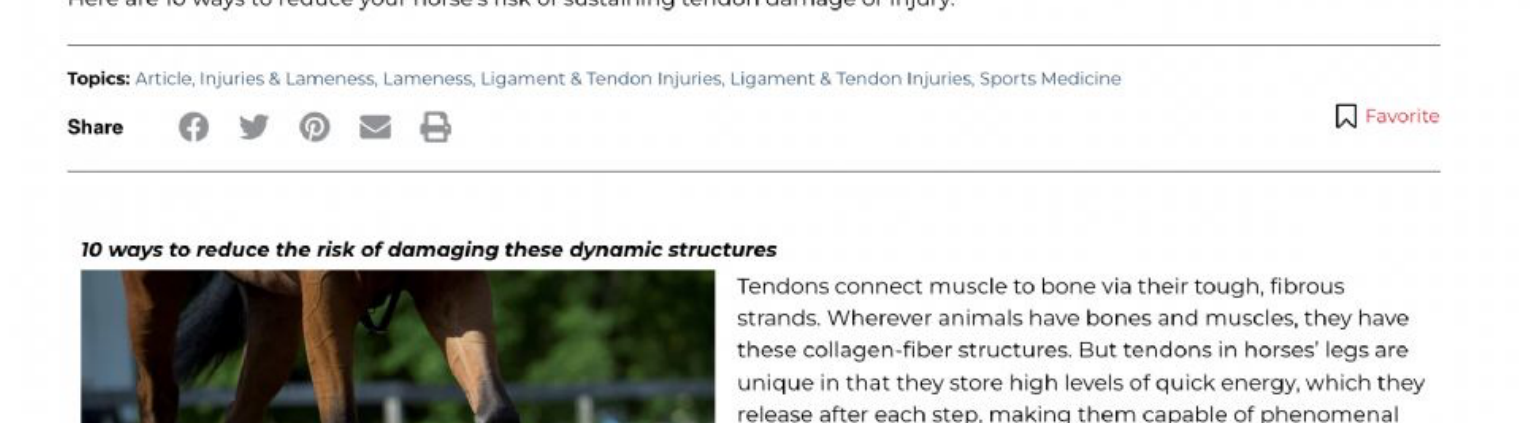
And of course, I call my boyfriend... who patiently listens to me talk about transrectal ultrasounds while wondering where his life took a very specific turn.

PBEC's Internship Program

PBEC In the Media

The Horse: "Preventing Tendon Injury and Reinjury in Horses"

Dr. Christopher Elliott of PBEC is featured in this article discussing early injury, progressive training programs, and more.




Preventing Tendon Injury and Reinjury in Horses

June 18, 2025 • Posted by Christa Leslie-Lacroix, MA

Here are 10 ways to reduce your horse's risk of sustaining tendon damage or injury.

Topics: Article, Injuries & Lamenesses, Lamenesses, Ligament & Tendon Injuries, Ligament & Tendon Injuries, Sports Medicine

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10 ways to reduce the risk of damaging these dynamic structures



Tendons in horses' legs help make them capable of phenomenal athletic efforts. iStock

Tendons connect muscle to bone via their tough, fibrous strands. Wherever animals have bones and muscles, they have these collagen-fiber structures. But tendons in horses' legs are unique in that they store high levels of quick energy, which they release after each step, making them capable of phenomenal athletic efforts.

It's a "brilliant" design that's helped this rapid-reaction prey species outrun many of its predators across its evolutionary history, says Claire O'Brien, MRes, PgDip, BSc (Hons), FHEA, of the University of Limerick, in Ireland, previously a researcher at Aberystwyth University, in the U.K.

But the tradeoff for such a design is these weight-bearing tendons are especially prone to injury and reinjury, says Roger Smith, MA, VetMB, PhD, DEO, Dipl. ECVSMR, ECVS, FRCVS, professor of equine orthopedics at the U.K.'s Royal Veterinary

Read More at The Horse

Paper Horse: "Twilight Meets Bella in Saga of Sadness and Hope"

Dr. Justin McNaughten of PBEC explains how the team of veterinarians and owners worked together to help orphan foal Twilight match with Bella, who lost her foal, so both could be happy and healthy.



PAPER HORSE

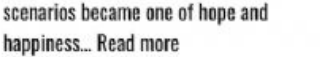
THE HOSS GOSS

Twilight meets Bella in saga of sadness and hope

Listen here to the story:



The saddest of scenarios became one of hope and happiness for the owner of Blue Ridge Farms Monique Richter, when she was left searching for a mother for her new foal after the filly's surrogate mare tragically colicked post foaling.



Shakespearean origins saw the creation of Kellie's Treasures

An unlikely encounter in a pub in Shakespeare's birthplace proved the catalyst for the creation. Read more

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Dog of the day



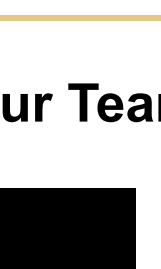
Read More at Paper Horse

PBEC TESTIMONIAL

“We have had two overnight stays at Palm Beach Equine Clinic: one planned for Kissing Spine surgery, and one unplanned for a major colic.

The colic was due to a nephrosplenic entrapment and was resolved without surgery. Everyone, from the vets, to the techs, to the office staff, was always well trained, talented, and kind to both my horse and me.

Highly recommend. Over and over.”



PALM BEACH
EQUINE CLINIC

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



ABOUT THE CLINIC

CLINIC SERVICES

MEET THE VETERINARIANS

CONTACT PALM BEACH EQUINE CLINIC