Ranvet Suggested Cushing's/Laminitis Ration

Cushings/Laminitis Ration (Daily/Per Horse/300kg)

Feed Type	Early Gestation *(<5 Months)*
Lucerne Chaff	500g
Wheaten Chaff	500g
Speedi-Beet	750g (dry)
Soaked Lucerne Hay	3kg (1½ Biscuits)
Supplements:	
Grand Prix Oil	100mL
Ration Balancer	30gmL
Salt	15g

Equine Cushing's Syndrome (ECS)

Horses, like humans, are living longer, healthier lives and as a consequence, certain age related diseases are becoming more prevalent. Equine Cushing's Syndrome (ECS) is a disease of the endocrine system caused by an abnormality of the pituitary gland situated at the base of the brain. A characteristic of ECS is the production of excessive amounts of the hormone cortisol, which negatively impacts, on the horse's ability to effectively regulate blood pressure/cardiac function and protein/carbohydrate metabolism.

Nutrition is critical. The provision of high starch feeds, feeds which contain high amounts of the sugar fructan and feeds high in NSC's should be closely monitored or avoided. Additional management strategies to be employed include the following:

- Closely monitor body condition score (BCS) and ensure your horse is not carrying unnecessary excess weight as this may also predispose your horse (particularly aged horses) to insulin resistance, therefore becoming more susceptible to laminitis
- Choose fibre for energy. Utilise high-energy fibers such as copra meal or beet pulp to meet your horse's energy requirements.
- Use cereal grains sparingly and only where necessary. When feeding grains, feed only processed grains, as this will minimize the risk of starch being delivered undigested to the hindgut.
- Never feed grain or grain based products to an overweight horse, horses with Equine Cushing's disease or Insulin Resistance or horses which have suffered previous bouts of laminitis.
- Anti-oxidants such as Vitamin E may be of benefit to horses suffering from tissue damage and stress.
- Avoid treats such as sugar cubes, molasses and apples as these are high in sugar. Utilise energy dense feedstuff such as oils and fat based feeds for energy provision. Omega-3 fatty acid supplementation is also beneficial due to anti-inflammatory activity.

Laminitis

Laminitis is one of the most common causes of lameness in horses and ponies. Within the hoof are sensitive, thin plates like structures called laminae, which supply nutrition to the hoof and act as primary support to the pedal bone within the hoof. The term laminitis refers to inflammation of these laminae, instigated by laminitic trigger factors, which weaken and compromise laminae integrity. Consequently, the degradation and separation of laminae leads to a cascade of problems for the horses' health and quality of life.
Preventative measures include:

- Maintain horses at a healthy body condition score (BCS).
- Avoid sudden changes in feed components.
- Prevent the consumption of excessive starch based grains.
- Limit the consumption of lush pasture, particularly in the late afternoon when the production of stored non-structural carbohydrate (NSC) is high due to accumulated photosynthesis hours.
- Limit the consumption of cool season pasture, which has been under drought stress or following a frost, in order to limit the intake of fructans.
- Provide regular hoof care and dietary supplementation of a hoof supplement such as Hoof Food® containing essential hoof growth factors; Biotin, Gelatin, Sulphur, Methionine, Choline, Zinc and Magnesium. The hoof is a living structure and depends on nutrients carried by the blood stream for growth, strength and repair.