

## **EQUINE METABOLIC SYNDROME**

'EMS' or Equine Metabolic Syndrome is a hormonal condition where insulin is not regulated appropriately and horses become insulin resistant.

- Generalised obesity or regional adiposity (fat pads/cresty neck) over back, ribs, tail, head, sheath or mammary gland
- Increased risk of laminitis
- Diagnosis based on elevated basal insulin or elevated insulin response after certain feeds
- Management and treatment are based on dietary restriction and increased exercise. There are medical treatments available if the above is not successful alone, which can be implemented under the guidance of your vet.

Top Tips in EMS cases:

- Aim for five episodes of exercise a week where the horse / pony sweats
- If forage is restricted, aim for 80% to be given in the day and 20% at night – studies have revealed it is less stressful for horse to stand with nothing to eat overnight than during the day.
- Do not feed haylage. Call our team to discuss your horse / pony's ration and ensure it is appropriate
- Ensure all hay is soaked for at least an hour, ideally 6-12 hours

To discuss EMS further or for more information, contact House & Jackson to speak to one of the team, call us on 01277 823808