

**American Association  
of Equine Practitioners**

**Horse Health Education**

# **OLDER HORSE**

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**Special Care and Nutrition**

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# HORSE HEALTH EDUCATION: OLDER HORSE



Due to improvements in nutrition, management and health care, horses are living longer, more productive lives.



# HORSE HEALTH EDUCATION: OLDER HORSE



While genetics play a determining role in longevity, you too can have an impact. By providing proper care and nutrition, you can help make your horse's golden years happier and more productive.





# HORSE HEALTH EDUCATION: OLDER HORSE

## THE AGING PROCESS

Time does take its toll on many of the body's systems. Possible effects may include:

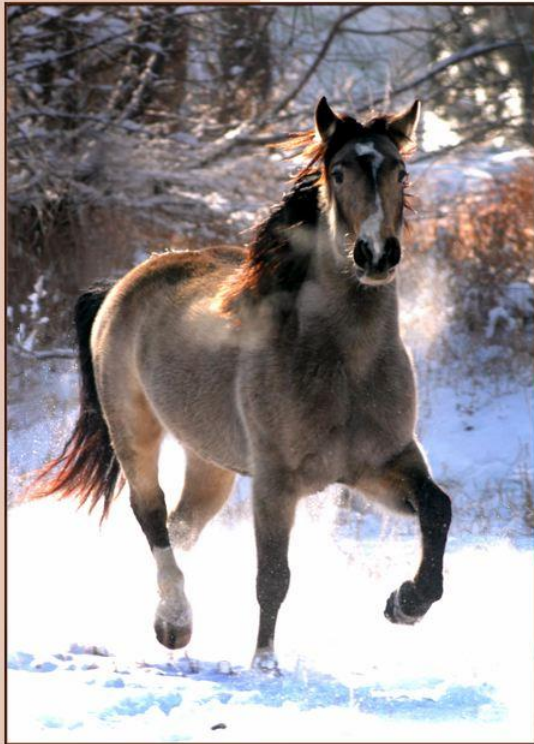
- The horse's digestive tract may not be as efficient as it once was.
- Bones and joints are less resilient.
- An elderly horse may feel the aches and pains of arthritis.
- The immune system is less reliable, making older horses more susceptible to illness and slower to recover from both disease and injury.



# HORSE HEALTH EDUCATION: OLDER HORSE

## THE AGING PROCESS

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- Parasite infestations may also take a heavy toll.
- Aged horses are more prone to respiratory, eye and dental problems.
- Elderly horses are also less able to cope with environmental stresses such as wind, wet and cold.



# HORSE HEALTH EDUCATION: OLDER HORSE

## THE AGING PROCESS



*Hirsutism (long curly hair coat) is a common sign of Cushing's disease.*

Hormonal changes may affect overall body condition, hair growth, appetite and energy levels.

While some signs of decline may be directly related to the aging process, others may have an underlying medical problem. Be sure to consult with your veterinarian.





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## SPECIAL NUTRITIONAL NEEDS

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While every facet of horse health care is important, proper nutrition is vital.



# HORSE HEALTH EDUCATION: OLDER HORSE

## SPECIAL NUTRITIONAL NEEDS



Older horses are at greater risk of developing laminitis (founder), so proper nutrition is essential.





# HORSE HEALTH EDUCATION: OLDER HORSE

## SPECIAL NUTRITIONAL NEEDS

As horses age, their digestive systems become less efficient. Hormonal and metabolic changes affect or interfere with their ability to digest, absorb and utilize essential nutrients in their feed, especially protein, phosphorous and fiber.



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## SPECIAL NUTRITIONAL NEEDS



Many older horses benefit from complete rations with built-in roughage that are specially formulated to compensate for changes in their digestive physiology.



# HORSE HEALTH EDUCATION: OLDER HORSE

## SPECIAL NUTRITIONAL NEEDS

When selecting feed for your older horse, evaluate your choices by the following criteria:

- Highly palatable;
- Easy to chew and swallow;
- Clean and dust-free to prevent or lessen the impact of allergies or lung disease;
- Provide 12 to 14 percent protein.





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## SPECIAL NUTRITIONAL NEEDS

- Contain enough high-quality fiber to aid digestion;
- Provide essential minerals including calcium and phosphorus in the proper ratio;
- Include all essential vitamins, especially vitamin C and B-complex vitamins.



# HORSE HEALTH EDUCATION: OLDER HORSE

## SPECIAL NUTRITIONAL NEEDS

- Provide readily available energy to maintain proper body condition
- Include adequate, palatable fat from a vegetable source to promote healthy skin and hair, aid digestion and boost energy intake.



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## DENTAL CARE

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A horse that can chew its feed properly will waste less of it, get more nutrient value from it, and be less likely to choke or colic.







# HORSE HEALTH EDUCATION: OLDER HORSE

## DENTAL CARE

Have your veterinarian examine and “float” (file) your horse’s teeth at least once a year — twice annually if your horse is over 20 years old.



Front view of 20-year-old horse



Side view of 20-year-old horse



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## DENTAL CARE

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Annual or bi-annual dental care will keep your horse's nipping and grinding surfaces in good working order. It also gives the veterinarian a chance to troubleshoot for broken or lost teeth and check for tongue, gum or other possible dental problems.



For more equine dental information, visit [http://www.aaep.org/dentistry\\_campaign.html](http://www.aaep.org/dentistry_campaign.html)





# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



You may think that turning your old-timer out to pasture is the kindest form of retirement; however, horses are individuals.

Some enjoy being idle while other prefer to be part of the action.





# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



Proper nutrition, care and exercise will help your horse thrive. Develop a total management for your senior citizen and keep in mind the following guidelines:

- Provide a safe, comfortable environment, free of hazards and with adequate shelter from wind, rain, snow and biting insects.



# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN

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- Arrange for routine dental care to keep the teeth and mouth in good working order; at least once per year is recommended.
- Observe your horse on a regular basis. Watch for changes in body condition, behavior and attitude. Address problems - even seemingly minor ones - right away.
- Feed a high-quality diet. Avoid dusty and moldy feeds.



# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



- Feed your older horse away from younger, more aggressive ones so the need to compete for feed is eliminated.
- For troubled chewers, check with your equine veterinarian since allowing pelleted feeds to soak before feeding may reduce the incidence of esophageal obstruction (choke).
- Feed at more frequent intervals, as not to upset the digestive system; two to three times daily is best.





# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



- Provide plenty of fresh, clean, tepid water. Excessively cold water reduces consumption, which can lead to colic and other problems.
- Adjust and balance rations to maintain proper body condition. A good rule of thumb is to be able to feel the ribs but not see them.
- Provide adequate, appropriate exercise to maintain muscle tone, flexibility and mobility.



# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



- Be vigilant in controlling pests and parasites. Deworm at regular intervals.
- Manage pastures and facilities to reduce infestations.
- Provide regular hoof care. Your farrier should trim or shoe the horse whether or not you ride to maintain proper hoof shape and movement. This will help prevent lameness and injuries.





# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN

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- Groom your horse frequently to promote circulation and skin health.
- Be aware that older horses are prone to tumors. Look for any unusual lumps or growths from head to tail as well as beneath the tail (especially in gray horses).





# HORSE HEALTH EDUCATION: OLDER HORSE

## A TOTAL MANAGEMENT PLAN



- Provide adequate ventilation in barns. Keep pastures mowed and weed-free to reduce allergens.
- Reduce dust in paddocks as much as possible to prevent respiratory distress.
- Schedule routine checkups with your veterinarian.
- Call immediately if you suspect a problem.



# HORSE HEALTH EDUCATION: OLDER HORSE

## HEALTH AND CARE PARTNERSHIP

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While there is much you can do to keep your older horse healthy and spry, some conditions associated with aging require medical intervention.

Your equine veterinarian can identify and treat such things as tumors, hormone imbalances, renal disease, Cushing's syndrome, arthritis, reproductive problems and other maladies.



# HORSE HEALTH EDUCATION: OLDER HORSE

## HEALTH AND CARE PARTNERSHIP

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Schedule regular check-ups and keep a good line of communication with your veterinarian.

A quick response to ailments, injuries or a decline in fitness can keep your older horse from having a serious or prolonged set back.

That means less worry for you and a better quality of life for your old friend.





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*Photos courtesy of*

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*the* **HORSE**  
YOUR GUIDE TO EQUINE HEALTH CARE



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# MAKE AN IMPACT ON THE WELFARE OF HORSES EVERYWHERE

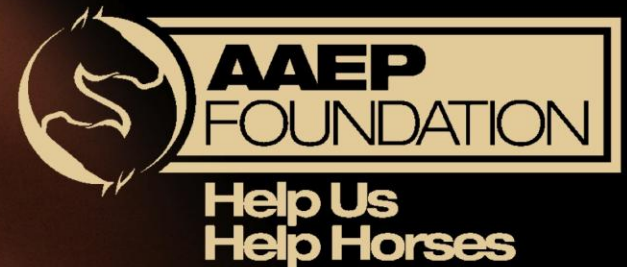
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- Equine Research
- Education
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