Equine News: August 2026

Hurray for Holly!

Holly, a 32-year-old welsh pony, was seen by Euan out of hours one night after becoming dull and having stopped eating. Holly was found to have a high heart rate and a fever, and she was treated on yard with an injection of anti-inflammatory and antibiotics. The next morning Holly's owner, Shauna, quickly recognised Holly still wasn't her usual self, and opted to bring her into the clinic for further treatment.

Holly's blood results showed that she was significantly dehydrated and her white blood cells were low, suggesting an overwhelming infection. Holly was treated with intra-venous fluids, anti-inflammatories and antibiotics, and her bloods were monitored closely to track her progress. The next day Holly seemed a little brighter and had begun to eat a little bit of hay. While checking over her that afternoon, Abi noticed Holly's udder felt quite hot. Closer examination revealed a thick yellow discharge from her teats and thus the cause of the infection was revealed – Holly had mastitis.

Luckily the treatment was working and over the next few days Holly's blood results and appetite had improved enough that Abi decided she was ready to continue the rest of her recovery at home.

Her first night home was spent catching up on some well-earned rest. The next week Abi went out to see how Holly was getting on and was thrilled to find that Holly seemed pleased to see her (though she admits it was likely due to the bribery with apples during her stay). A blood test revealed the good news that Holly had remained well hydrated and that her white blood cells had returned completely back to normal.

Holly has been a very long standing and popular patient of Scott Mitchell Veterinary Care and so we are all delighted that she is back to full health despite her veteran age.

Heat Stress

During exercise, the muscles of the horse work extremely hard and this generates huge amounts of heat. The horse is unable to lose enough heat quickly enough and the horse overheats. There may be a genetic susceptibility too as some horses appear more prone to developing the condition.

How can I tell if my horse has the condition?

Immediately after strenuous exercise, the horse will appear very distressed: head tossing, kicking out with fore or back legs, and being generally more difficult to handle than normal. Left untreated, the horse may become recumbent (lie down) and could become very seriously ill.

How do I treat the condition?

Copious amounts (50 - 100 litres) of cold water soaking of the horse's body and muscles. Pouring cold water on hot muscles will not cause muscle cramps or colic. It is important to cool the horse as quickly as possible to prevent irreversible damage.

Practice News

In July we said farewell to Emily who had been at Scott Mitchell since joining us as a new graduate five years ago. We are really proud of everything she has achieved at the practice and wish her well in the next stage of her career.

Please join us in giving a warm welcome to Scott, who joins our equine vet team from Monday 17th August.

He is originally from Inverclyde, he has recently graduated from the University of Liverpool.

Scott has a strong equine background; having worked as a groom at an international dressage yard and competed in pony club teams in eventing and dressage.

Zone visits August and September

Zone 1A (CA8, NE46-47, NE49) Zone 1B (NE44, DH8) - Mon 3rd Aug, Mon 7th Sept

Zone 2 (NE19, NE45 & NE48) - Mon 10th Aug, Mon 14th Sept

Zone 3 (NE1-7, NE12-15, NE18, NE20, NE22-30 & NE61) - usually Sally - Thurs 6th Aug, Thurs 3rd Sept usually Liz—Mon 17th Aug, Mon 21st Sept

Zone 4 (NE8-11, NE16-17, NE21, NE31-43- Mon 24th Aug, Mon 28th Sept

Zone 5 (DH1-7, DH9) - Tues 18th Aug, Tues 22nd Sept

Zone 6 (DL 12-16) - Tues 25th Aug, Tues 29th Sept

Zone visits offer a reduced price visit of £24 for one owner and £12 for more than one owner at same yard for planned routine veterinary work.

We are able to offer this service by mapping the most efficient route around the calls – therefore it is not possible to specify a time or vet for a zone visit. Appointments must be booked by 1pm on the Friday before visit.

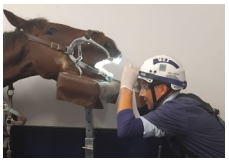
Vets out and about

The summer is always a fun time with lots of community events.

Liz and family enjoyed a day out at Gilsland Agricultural Show. Liz had a tough task on her hands judging the pet dog show with 19 very waggy tails to pick the waggiest from and 23 dogs to decide which she would most like to take home. There was some brilliant young handlers, spectacular tricks and a very cute terrier in fancy dress.

On Sunday 2nd August Steph attended the endurance GB ride at Hexham. It was a beautiful day, and the horses and riders had a lovely time. The vets on duty at these events are responsible for checking the horses' heart rates before and after the graded rides and observing the horses trotting up before and after all rides. This ensures the horses welfare is well maintained and that they are fit enough to do the rides asked of them. It was lovely to see lots of clients and their horses enjoying the day.

Next Dental Clinic: Wed 26th August



Dental clinics are held monthly at the surgery, usually with Euan who holds a certificate in Advanced Practice focussed on equine dentistry. The dental clinic allows us to work more efficiently and so we are able to pass on that saving to you with reduced price routine dentistry.

Dental clinic routine dental inc. sedation £78 inc. VAT

Dental clinic dental plus diastema flush and sedation £100 inc. VAT

Terms and conditions: Payment must be made at the time of treatment. Please arrive at your allocated time and collect your horse promptly after treatment.

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