

**Equine Gastric Ulcer Syndrome** is the erosion of the stomach lining due to prolonged exposure to the acid produced by the stomach<sup>2</sup>. If left untreated, it can be very serious. The good news is that you can help reduce the risk of the condition.

## 4 steps to prevention

- 1 Know the signs**  
When it comes to recognising gastric ulcers, the earlier the better. The signs can be difficult to detect and may include any of the following:
  - weight loss/loss of appetite
  - poor performance
  - poor body condition/dull coat
  - behavioural change
  - stress behaviours such as crib-biting
  - girthing pain
  - mild or recurrent colic
- 2 Manage the risk factors**  
Read overleaf to learn more about the factors that can increase the likelihood of equine gastric ulcers. By identifying these factors in advance, you can be a step ahead.
- 3 Be proactive**  
Preventing gastric ulcers can not only save your horse unnecessary discomfort, but can also save you money in the long run.
- 4 Talk to your vet**  
Whether you think your horse has gastric ulcers or may be at risk, the best thing to do is speak to your vet. Only vets can diagnose the condition, and they can offer a licensed veterinary medicine that can be given in short doses to:
  - **PREVENT** gastric ulcers (for example, ahead of a particularly stressful event or to prevent ulcers recurring)
  - **TREAT** established cases

**GASTRIC ULCERS MAY BE HARD TO SPOT, BUT THEY CAN BE PREVENTED.**



## What to do next

Equine gastric ulcers affect one in three leisure horses<sup>1</sup> and can be a serious condition, but you can help reduce the risk. Talk to your vet today about diagnosis, treatment and prevention.

Also, visit [www.equinegastriculcers.co.uk](http://www.equinegastriculcers.co.uk) to learn more about stomach ulcers, their causes and treatments, and to complete a full risk assessment for your horse **FREE**.

### References

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**One in three leisure horses suffers from gastric ulcers<sup>1</sup>**

**Make sure yours isn't one of them**

How to prevent and spot equine gastric ulcers.

Diagnosis, prevention and outcomes



**FIT TO GO  
InnerVision**



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# WHAT FACTORS MAKE EQUINE GASTRIC ULCERS MORE LIKELY?

## Change of routine

Psychological stress affects stomach acidity. Stress can be due to overwhelming situations as well as boredom from stable confinement<sup>3</sup>



## Box rest

When a horse is confined to its box due to injury or illness, behaviour and diet are altered abruptly. Horses may also be isolated during these periods. These changes can be very stressful<sup>2</sup>



## Transportation

Travelling is stressful for horses, particularly if they travel without a companion or mirror<sup>5</sup>



## 'Concentrates' & erratic feeding

Horses produce stomach acid constantly, so not eating enough roughage AND not eating regularly over a period of time leads to a build-up of acid<sup>2</sup>



# Triggers

## Intense work

During strenuous exercise, increased pressure can move the acid around the upper section of the stomach<sup>4</sup>



## Foals

Around half of all foals will develop gastric ulcers particularly if they suffer ill health<sup>6</sup>



## Ill health

Illness can predispose horses to gastric ulcers



## Anaesthesia

Horses that undergo anaesthesia during surgery have an increased risk of developing gastric ulcers or may exacerbate existing ulcers<sup>7</sup>



**GET A FULL RISK ASSESSMENT FOR YOUR HORSE FREE!** Visit [www.equinegastriculcers.co.uk](http://www.equinegastriculcers.co.uk)

Take a few minutes to find out what you can do to prevent gastric ulcers in YOUR horse.