



*Mariposa in bloom June 2009*



*Mariposa March 2008*



*Sundown*

# Mariposa

**A Correct Diagnosis Leads to Conquering Multiple Issues**

## *Meet Mariposa*

**Andalusian 3/4 -QH 1/4 mare ~ foaled February 1999 ~ 16.1 hands**

Susan and Mariposa joined the Equine Cushing's forum in late 2006. Susan's 27-y.o. QH gelding, Sundown, had been diagnosed with Equine Metabolic Syndrome and was on pergolide. Once she read the EC files Susan came to believe her mare Mariposa was probably IR. She was overweight at 1,090 pounds but thyroid panels in 2005 and 2006 were found to be normal. Mariposa had fat pads behind the shoulder, across the ribs and rump and a hay belly, as well as a history of severe skin allergies to biting flies, which affected her dramatically every year.

Susan's vet did not "believe in" equine Insulin Resistance. Susan changed vets and obtained the proper tests, which confirmed Mariposa was IR. These also showed Sundown to not be PPID and he was taken off pergolide.

## *From Mariposa's Case History*

**May 2007** G: 97 I: 61.83 Weight 1,090 lbs. Analyzed/balanced hay. Fly bites/allergic reaction continue. Counted over 300 bites. Started Spirulina. Ravenous appetite. Polydipsia/polyuria.

**Dec 2007 -Jan 2008** 2 hoof abscesses due to sheared heels, wall separation.

**March 08** Multiple R eye inflammations, treated with antibiotic ointment, then with steroid ointment and it cleared up. Heavy Spring estrus with udder pouch swelling. Another hoof abscess. Small crest on neck. Polydipsia/polyuria. Looks depressed, not engaging with other horses or me.

*Case History continued...*

**April 2008** G: 83 I: 72 Weight 1,070 lbs. Started weighing hay/feeding in hay net. Fewer fly bites (100) but still itchy. Dandruff in mane, then greasy skin on mane. 1/2 of mane fell out. Started APF x 2 bottles, then APF Plus. Changes I noted within 2 days of APF: ADD disappeared, she became a very brave girl, not scared of everything and very curious!

**Dec 2008** G: 87 I: 33.4 Weight 1,030 lbs. KSU iron panel shows iron overloaded. 3 hoof abscesses.

**Mar 2009** Started 5 gm chondroitin along with 2 oz spirulina, weight 1,000lbs. Not ravenous but loves to eat!

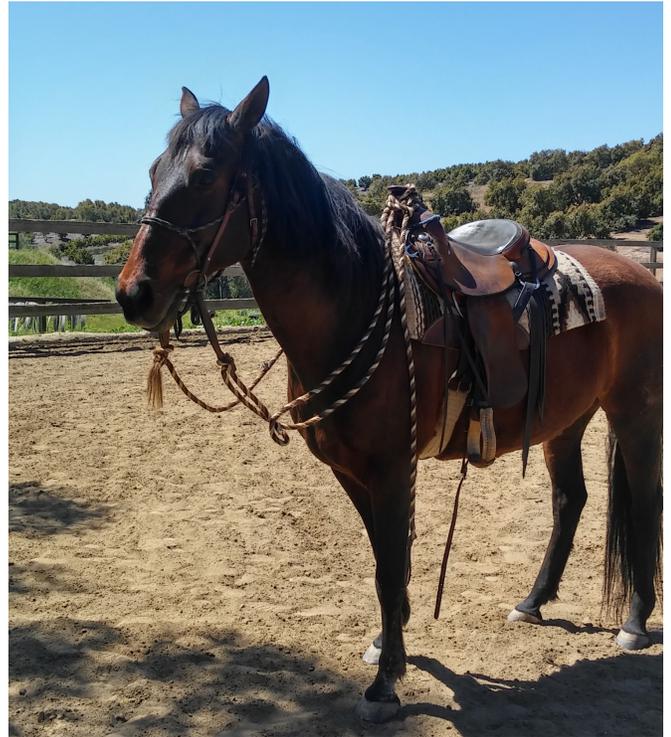
**April - Aug 2009** started ivermectin every 30 days. Weight 984 lbs. Skin allergies almost non-existent. Ridden 4-5 times a week.

**November 2016** For Mariposa it was really a two step diagnosis. We found she was IR, made the dietary changes, but did not see her lab values and symptoms improve as I wished they might. In 2008 we found she was iron overloaded — another piece in the IR puzzle — and have since tightened the diet accordingly. The spirulina, chondroitin and ivermectin were key. I can see visually how well she is doing.

For the past seven years Mariposa's glucose and insulin remain normal. Diet is tested and balanced timothy hay. She is exercised regularly, and is barefoot with a trim aligned to the coffin bone. She continues with chondroitin sulfate and spirulina for fly bite allergies.

I have to include my Sundown, now 34 y.o., in this story. Without this group he would have lived his life as an old horse, misdiagnosed, slowly coming to his end, losing weight and muscle. I started acetyl-L-carnitine in 2009 and, along with 25# balanced of groceries (20# orchard, 2# BP, 3# timothy pellets) he gained 45 lbs. and muscled up. He was my Mr. Go-Go again. We rode 4-5 times a week, trotting and meandering through the San Luis Rey River bed. We went back in time to when he was full of life and energy.

Today Sundown is barefoot with a corrected history of navicular syndrome, long toes, and very under-run sheared heels. He has been on pelleted timothy and beet pulp for 3 years and his body condition is very good. He is now retired from trail riding enjoying his turnouts and occasional bucking and frolicking in the open spaces.



*Mariposa 2016*



*Sundown at 34 - 2016*