

Equine Metabolic Syndrome

First Name:		Last Name:		
Email:			Veterinary Practice:	
Postcode:		Date:		

Please circle one answer only e.g. **A**

- Which of the following is NOT a typical sign of EMS?
 - Cresty neck
 - Laminitis
 - Generalised obesity
 - Long hair coat
- Which of the following horse breeds is least likely to suffer from EMS?
 - Warmblood
 - Cob
 - Thoroughbred
 - Arab
- Resistance to which of the following hormones is central to the development of EMS?
 - Adrenocorticotrophic hormone
 - Cortisone
 - Insulin
 - Oestrogen
- Which of the following feeds would be the most suitable diet for a horse with EMS?
 - Alfalfa chaff
 - All-in-one cubes
 - Free access to pasture
 - Soaked grass hay
- What weight of forage should be fed to a 250kg pony with EMS each day?
 - 0.25 - 0.5 kg
 - 0.5 – 1 kg
 - 2.5 - 5kg
 - 7.5 – 10kg
- What should be fed in addition to forage?
 - A vitamin and mineral balancer
 - Garlic powder
 - Iron tonic
 - Apples and carrots
- Which of the following has been shown to be effective in the management of EMS?
 - Chasteberry extract
 - Chromium and magnesium
 - Cinnamon
 - Levothyroxine
- EMS is often confused with which condition?
 - Equine Cushing's Disease
 - Type I Diabetes
 - Tying-up
 - Hypothyroidism

- 9** How much exercise should horses with EMS be allowed?
- A None
 - B 1-2 hours per week
 - C 1-2 hours per day
 - D As much as possible
- 10** Which of the following is the most reliable test for insulin resistance?
- A Resting glucose concentration
 - B Resting insulin concentration
 - C Oral glucose challenge
 - D Intravenous challenge with glucose and insulin