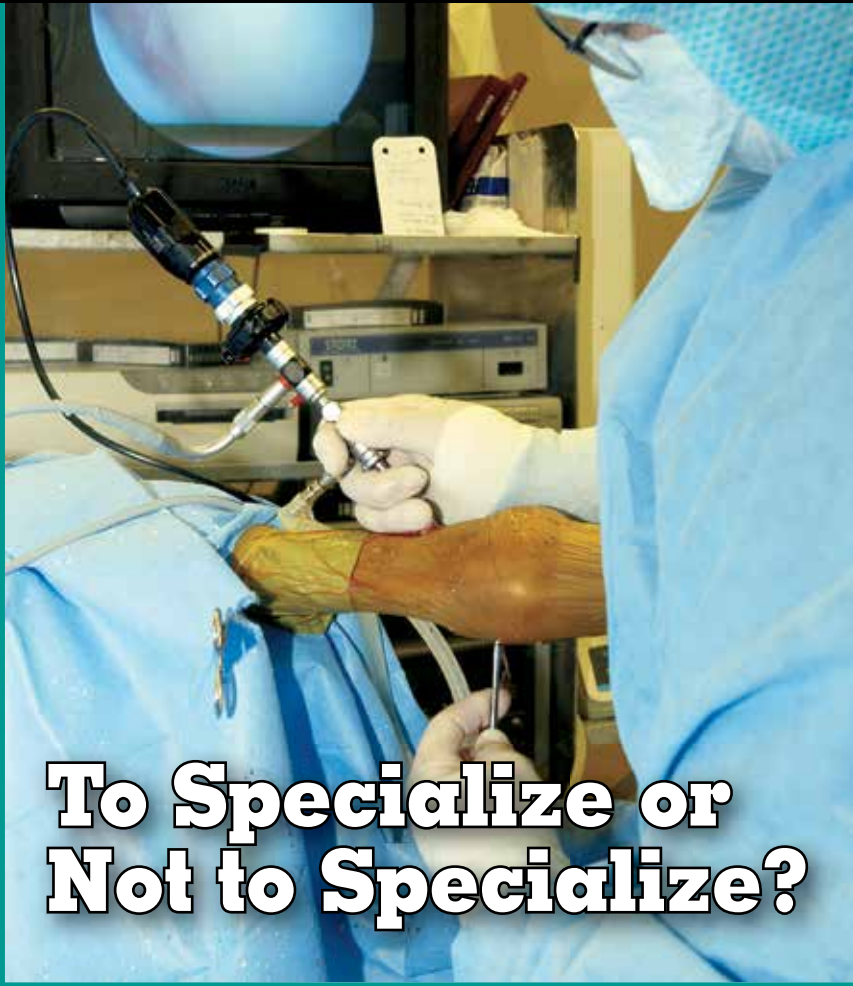




PRACTICAL ADVICE FOR
ASPIRING EQUINE VETS

NEXTvet

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To Specialize or Not to Specialize?

As a veterinary student absorbing and putting into practice the wealth of information your professors impart in the classroom and teaching hospital, it is easy to imagine continuing to hone your clinical skills by pursuing one of the American Veterinary Medical Association's (AVMA) 22 specialties. Perhaps with some scholastic perseverance and a student loan

deferment, you too can achieve the level of academic accomplishment, clinical skill, and professional esteem to call your former professors peers. But is a career path to the veterinary specialties for you?

One of the undeniable advantages of specializing is the development of an advanced knowledge and skill set. A three- to five-year commitment to pursue board certification might

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seem like a small sacrifice to make in exchange for membership in some of veterinary medicine's most elite specialty colleges.

Another potential advantage to specialization is the financial reward. Small animal generalists initially earn double the salary of veterinarians undergoing specialist training. A 2007 AVMA report found that long-term income of these specialists exceeds that of generalists, however, with the average salary of 17/20 AVMA specialties exceeding \$110,000 as compared to \$100,000 for generalists. As of 2007, nutritionists had the highest annual income of \$202,368, followed by surgeons (\$183,092) and clinical pharmacologists (\$159,027). According to the National Research Council (NRC), median companion-animal practice owner income in 2009 was \$175,000 for board-certified specialists as compared to \$139,000 for those who are not board-certified.

Continued on next page

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“I was scared to death that when I graduated I would get some cases where I had no clue what to do. I learned that there is always a clue—you just have to find it.”

— Beau Whitaker, DVM, Dr. T's Equine Clinic

Many new veterinary graduates would like to work 40 hours/week or less and carry no emergency duty. Whether specializing can allow a veterinarian to have this type of lifestyle, however, is up for debate. While board certification might result in a cushy 9-to-5 workday examining and treating horses in a referral hospital, the advanced nature of referral cases often means some specialists have a greater emergency responsibility because few nearby veterinarians can provide the same level of care. For those individuals looking for improved quality of life, better salary, and/or more time for growing a family, it might be prudent to interview veterinarians currently practicing various specialties, including those in academia, private practice, industry, and the public sector (if applicable).

One of the disadvantages of electing specialization is the decision to put your personal life, earning potential, and geographical preferences on hold for the duration of internship and residency. Competition among many highly qualified individuals vying for the same positions means that an applicant is rarely able to predict or select where they perform their internship or residency. Many positions are subject to the web-based Veterinary Internship and Residency Matching Program, which uses an algorithm to match prospective interns and residents with programs based on their “rank lists.” This results in unpredictability for personal planning not only for one-year internships but also for two- to four-year residencies. Furthermore, don't underestimate the amount of dedication required to complete the training program and pass rigorous certification and examination processes while earning on average \$27,782 per year (according to the

Association of American Veterinary Medical Colleges).

One of the final considerations to make when deciding whether to specialize is job prospects. The increasing numbers of veterinarians entering specialty programs directly impacts the number of jobs available following residency completion. According to the AVMA, from 2006 to 2009 there was a 15.5% increase in veterinary specialists, and according to the 2011 AVMA Veterinary Student Survey, graduates seeking

“From 2006 to 2009 there was a 15.5% increase in veterinary specialists.”

advanced studies, including specialization, increased from 18 to 30.5% from 1996 to 2011. Some leading veterinary business experts believe the number of specialists currently saturating the clinical veterinary market might exceed the number of veterinary practices requiring this skill set.

Also bear in mind that the economic recession has greatly impacted equine veterinary medicine and, thus, specialties. Some specialty practices have suffered as general practitioners opt not to refer as many complicated cases and

clients shop around more for prices. A 2012 National Research Council (NRC) report on Workforce Needs in Veterinary Medicine indicated a lack of workforce shortages in many aspects of veterinary medicine and identified challenges in the profession's economic sustainability. The NRC did, however, predict a need for veterinarians in the fields of biomedical research, industry, academia, companion animal practice, food animal medicine, public health, and wildlife health. When considering a particular three- to five-year specialty program and the job prospects it could afford, review not only the current state of that specialty but also the projected need for specialists in that particular field.

Overall, the decision to specialize is a personal one, based on how important professional advancement, potential salary, quality of life, short-term personal and financial sacrifice, and future job prospects are for you. Consider your short-term and long-term personal goals and decide whether specialization fits those goals. Prior to making a decision, collect as much information as possible by reading workforce needs studies; interviewing veterinarians in your selected field of specialty in the different branches of academia, private practice, public sector, and industry; and evaluating numbers of career postings in your preferred geographical locations. Ultimately, remember that no matter what your mentors advise and workforce reports and statistics show, there is no greater professional reward than finding what you love to do in veterinary medicine and excelling in that specialty. 🌱

Jean-Yin Tan, DVM, Dipl. ACVIM, practices with Syracuse Equine Veterinary Specialists, in Manlius, N.Y.

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STUDENTSpotlight

Brittany Bell

Brittany Bell is part of an incoming generation of equine veterinarians passionate about integrative medicine and community involvement. The 28-year-old single mother from St. Petersburg, Fla., is a member of the University of Florida (UF) College of Veterinary Medicine Class of 2013, and she's excited about her future in the industry.

As a child, Bell loved horses but wasn't financially able to own one. At age 13 she got her feet wet mucking stalls at a local stable and discovered that the more she learned about horses, the more she wanted to learn how to help them. By the time she started undergraduate work at St. Petersburg College and, later, the University of Florida, Bell decided a career in veterinary medicine would allow her to do just that.

Now with graduation day nearing, Bell has narrowed her veterinary focus to ambulatory and rural medicine as well as integrative medicine. "I like to be out on the front line," she said. "I also like integrative medicine and adding in that aspect—I like to be able to have more tools in my box."

Another implement in Bell's inventory is equine dentistry; she helped found a veterinary dentistry club at the University of Florida that catered to students interested in both small and large animal practice. The group met regularly to discuss important issues and listen to guest speakers.

She also recently established a social group for UF College of Veterinary Medicine students with families. Through online workshops and chat sessions, students like her, who have children, can discuss classes and time management, post events, and arrange play dates.

Bell, whose son is 3, didn't have much information available to her as a mother in veterinary school and decided that needed to change. "There needs to be a resource," she said. "For instance, women who are pregnant and have to go through an anatomy lab need to take certain precautions and know what is safe and what isn't. Now I'm able to relay to classmates coming up behind me

that 'You're going to be okay, and your baby is going to be okay.'"

Another valuable program Bell said she's grateful for is the university's practice-based equine clerkship, which sends students out with area practices to work one-on-one with veterinarians and experience daily life in general practice. This gave her access to more varied caseloads, procedures, and preventive care than she sees at the primarily referral-based university clinic.



"I've been able to network with various practitioners," Bell said. "It's an opportunity to build relationships, and to have mentorship has been phenomenal. It made a big impact on whether I wanted to do an internship and pursue surgical specialty or general practice."

Bell has decided not to pursue an internship but to jump right into the workforce. She hopes to join a practice that will not only allow her to practice integrative medicine but also offer mentorship and community involvement.

"I'm hoping to find a practice that will allow me to use my new skills in Chinese medicine to help patients more than we already do," she explained. "I'd like to do something that will allow community involvement, whether that's giving talks to clients, going to festivals, or talking at schools. I think equine medicine is perfectly set up for that." 🌱

Advice TO HER PEERS

"It's overwhelming if you look at (veterinary school) as the big picture, because there's a lot ahead of you. Instead, take things one day at a time. You're stronger than you know."

Top 5 Reasons TO HAVE REPRO in Your Practice

JOE MANNING, DVM, MBA

Whether you decide to specialize in equine reproduction or simply offer reproductive services in your practice, having an understanding of this field can benefit both your career and your practice. Here's how:

1. It supports the future of our industry

If we don't have breeders, we eventually don't have horses. For anyone in the equine industry, especially an equine veterinarian or veterinary student, that is a scary thought. Although we can't necessarily promote breeding, we can make sure that the people who are breeding are providing optimal care for their broodmares and/or stallions and giving their offspring the best start to life possible.

2. It attracts high-level clients and patients

Breeding horses is both time- and money-intensive. Therefore, the majority of clients who are breeding horses are more likely to be willing to pay for the "Cadillac" version of a wellness package. By the same token, the majority of horses that owners deem to be worthy of the expense of breeding either have a significant monetary or sentimental value. So, you have passionate clients who are willing to go above and beyond on their horse's health care. That is the ideal situation for the veterinarian, the client, and most important, the horse.

3. It increases revenue potential

Broodmares, in particular, require much veterinary attention. At a minimum, broodmares should receive a veterinary exam six times per year—before breeding season; at Months 3, 5, 7, and 9 of gestation; and within 24 hours after the foal is born. With these appointments, there



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are many great opportunities to showcase veterinary expertise and services, as well as to provide products that are proven safe and effective for the broodmare. These include cycle scheduling with Regu-Mate (altrenogest) during prebreeding, vaccinating against neurologic equine herpesvirus (EHV-1) using Prodigy, and

completing routine ultrasounds throughout the pregnancy.

4. It offers gateways into better health care

Because you see broodmares so frequently, you have ample face time with your clients. This time can lead to discussions on other health care areas that these clients might be missing, such as vaccinations, deworming, lameness, nutrition, etc. By providing excellent care for their broodmares, you reinforce the value of the veterinarian's role in all aspects of equine health care.

5. It's rewarding Whether you are flushing embryos from a show mare or standing a Breeders' Cup winner, you are making your clients' dreams come true. There is great reward in seeing a healthy baby hit the ground, but there also is great reward in getting the mare in foal and keeping her healthy throughout gestation. Being a repro veterinarian is not easy, but at the end of the day the rewards far outweigh the costs.

These are just a few reasons why offering equine reproductive services in your future clinic can benefit your business and your career. To learn more about the Society for Theriogenology student membership and board certification, visit www.therio.org. 🌱

Joe Manning, DVM, MBA, is a Veterinary Technical Services Manager with Merck Animal Health.

Why did you become an equine repro veterinarian?

"I enjoyed the satisfaction of helping create a new opportunity for a breeder and then watching that foal grow up and reach that potential. Theriogenology also created a bridge to many other colleagues and disciplines that I would have otherwise missed out on. The work is demanding, but extremely satisfying."

—Bryant W. Craig, DVM, Craig Veterinary Services, Enid, Okla.

"Growing up on a dairy farm, I was exposed to a wide variety of reproductive techniques, from frozen semen to embryo transfer and even cloning. This sparked an early interest in reproduction and going into vet school. I knew I was going to do something involving reproduction. After my equine repro rotations, I knew I had found the perfect fit for me in a career working with owners to breed the next generation of performance horses."

—Ryan Ferris, DVM, Dipl. ACT, Equine Reproduction Laboratory, Colorado State University

Keeping Veterinary **MEDICINE** **FUN**



Three ways to extend career longevity, satisfaction, and success

AMANDA M. HOUSE, DVM, DIPL. ACVIM

Watching a septic foal trot out of the hospital, load onto a trailer, and head home to the farm is tremendously rewarding. The special satisfaction that we veterinarians enjoy every time we save a life and the feeling that we can truly make a difference are just a couple of the reasons why veterinary medicine is a fantastic career. I feel lucky to be able to do what I love and know it is a privilege to work with our clients and patients.

As the years go by, sometimes the days stretch long and remind us it is important to keep veterinary medicine as fun and rewarding as the day we first started. Doing what you love will certainly facilitate a long, rewarding, and fun career. But there will be days that are sad, frustrating, and tiring. How can we keep those days to a minimum? Consider a few key things as you proceed with your passion: Get involved, take time for yourself, and grow with your career.

Get Involved One of the most rewarding things that I currently do in my career is serve on various committees and boards. Our state and national organizations (e.g., American Association of Equine Practitioners, American Veterinary Medical Association) offer many opportunities for planning continuing education programs, working on legislative agendas, and/or providing public outreach. Although some of these opportunities might seem superfluous to what we do day to day, they are terrific ways to reinvigorate ourselves. These organizations provide professional support and ways to network and might even open doors that you haven't considered previously. Being involved with these groups is a great way to share ideas with colleagues who are not in your practice or work environment. It also creates a professional network of friends.

Personal Time I strongly believe that to be completely engaged in our career, we have to take some personal time out for ourselves and our families. Equine practice can become an all-consuming endeavor if we let it. Don't forget to cultivate the other things in your life that you love, be they traveling, reading, horseback riding, running, spending time with family, or just sitting in front of a warm fireplace.

While veterinary medicine is far from a 9-to-5 career, there are certainly opportunities for you to take a time out regardless of your type of practice. I think the hardest part

about taking some time for yourself is often the guilt we feel about doing it. With my responsibilities as a faculty member, wife, and mother, riding my mare is probably the last thing I should be doing on a Sunday afternoon. I have to put the guilt aside to take some time for myself and realize that this time ultimately makes me much more pleasant (and better!) in all my other roles.

Growth Be open-minded and grow with your career. One of the great things about our profession is that it provides many different options for where and how you can practice. Industry, academia, private practice, corporate practice, and government all provide veterinary career opportunities. The more time you spend in your career, the more you will cultivate what you truly enjoy. For instance, I love working with critical patients, and at the beginning of my career I thought that I would want to work almost entirely in clinical practice. However, I maintained an open mind and considered an additional career track I previously knew nothing about: extension and outreach. I have realized that I enjoy working with people and students just as much as I enjoy working with patients, and I am fortunate to combine both in my current job. Take advantage of all the continuing education opportunities provided by the AAEP and others as you can—you might find something that you didn't realize you would enjoy doing. These organizations offer participants in-depth seminars, wet labs, and dry labs to develop new skills and hone existing ones. Learning a new technique or taking a special interest in a specific area can make you an invaluable asset to your practice and keep your work feeling fresh.

Equine practice continues to evolve based on patients', clients', and veterinarians' needs. Keeping our work fun is critical for career longevity, satisfaction, and personal success. I encourage you to give back, take time for yourself, and be open-minded as you grow in your profession. 🌱

Amanda M. House, DVM, Dipl. ACVIM, is a Clinical Assistant Professor and the Director of the Equine Research Program at the University of Florida College of Veterinary Medicine.

HOWto

Build Rapport with Clients

HARRY WERNER, VMD

In the *The Oxford University Dictionary* “rapport” is defined as “a close and harmonious relationship in which the people or groups concerned understand each other’s feelings or ideas and communicate well.” Intuitively, we know that rapport enhances any relationship, but how often do we consciously consider how important rapport is to professional success? How effectively can we achieve rapport with our clients? Why bother?

Trust

Building rapport is about building trust, the foundation of the veterinary-client-patient-relationship. It fosters client acceptance of your services, and it enhances a client’s appreciation of the challenges you face as you work toward a successful case outcome. If clients trust you, they will be comfortable with your fees and recommend your practice to others. Strong client rapport greatly facilitates your chance of professional success; poor rapport can ruin it.

Know Your Clients

Build rapport systematically and reinforce it continually. Begin by considering each client’s expectations of your services and their perception (not yours) of their needs. Ethical, legal, or circumstantial issues might come into play. Identify such issues and help clients understand their relevance. If you are knowledgeable and confident, rational clients will understand and trust your judgment.

Courtesy and Professionalism

Be courteous and professional. Be on time for appointments, and give



STEPHANIE L. CHURCH

advance notice of any delays. Prior to each appointment, consider what outcome the client expects. Most clients expect and respect professional behavior and recognize unprofessional behavior.

Professionalism requires discretion. Breaching confidentiality is a sure way to destroy trust and create liability risk. Treat your colleagues with respect as well; if you cannot compliment them in front of a client, then say nothing. If you have legitimate concerns regarding a colleague’s actions, discuss your concerns with the colleague in private or pursue your concerns through appropriate channels such as your professional veterinary associations or state veterinary licensing authority.

Communications

Understand the importance of timely and accurate communications before, during, and after a patient visit.

- Do not assume that your clients fully grasp the value of your educated professional judgment. Take the time to help clients understand the medical aspects of the patient’s problem, what diagnostics you will use, and the rationale for your treatment plan.
- Always encourage clients to ask questions about patient care or client services; make it easy for them to contact you. Any steps you can take to ensure clients have a positive perception of the value of your services will help build rapport and your practice.

- Demonstrate your compassion for patients, regardless of circumstances. While most veterinarians feel compassion, not all adequately demonstrate those feelings. How you interact with a patient at a visit—following up on cases after a visit or sending a personal note after the death of a patient—demonstrates your concern for patient and owner.
- Be honest and realistic with clients regarding possible case outcomes and ongoing care, especially when dealing with chronic conditions.
- Define standards of service in your practice to ensure that clients are not surprised by recommended diagnostic/treatment regimens and their associated costs. Communicate about such matters as much as possible before the patient visit, so you can answer questions and concerns and avoid miscommunications.
- Everyone has days where running late is unavoidable. However, avoid being perceived as too busy to communicate or care. A well-trained and supportive staff and defined communication processes can help avoid such situations.

The Value of a Physical Exam

Above all, help clients understand the value of a physical examination; never subordinate it to the instant gratification of real-time imaging or the expediency of a laboratory diagnosis. Physical examination is the most valuable professional service you offer. If performed well and

consistently, it is the key to proper diagnosis and recognition of previously unnoticed health concerns.

In the words of Abraham Verghese, MD, "A proper examination ... earns the patient's trust ... and serves as a ritual that transforms two strangers into a doctor and patient." To achieve this transformation, share physical exam findings with the patient's caretaker(s) (i.e., explain what you are doing, why you are doing it, and what you are learning from it).

Sometimes one of the most effective ways to strengthen your client's trust can be to send them elsewhere. Be honest with yourself regarding your own limits of clinical practice and recommend referral without delay when it is appropriate. Forward relevant medical records

and images to the referral doctor in a timely manner. Stay with the case by requesting updates and acting as a sounding board for your client during the experience.

Take-Home Message

While it is never too late for any of us to improve our game, it is always easier to hone one's skills during the more formative years of practice. As new practitioners, I urge you to build and maintain rapport with your clients. It will be an investment of time and effort that will reward you personally and professionally throughout your career.

Harry Werner, VMD, runs Werner Equine clinic in Connecticut and is past president of the AAEP.

Dear Veterinary Student,

Happy New Year! We hope the beginning of your spring semester has started out well, and you are learning and gaining knowledge that is leading you closer to your goal—to become an equine veterinarian.

At Merck Animal Health, we believe in the value of education. Because of that, we have packed the newsletter with information we hope will help you not only be a more successful student but also a better veterinarian.

This edition includes everything from the top reasons to have reproductive capabilities in your future clinic to how to keep veterinary medicine fun. We hope you find the information both insightful and interesting.

To help ensure we are meeting your expectations of the student edition of *Partners in Practice*, I welcome any ideas, suggestions, or comments you may have. Please feel free to contact me directly at joe.ferraro5@merck.com.

Thank you for your commitment to improving the health and welfare of the horse. We hope you enjoy 2013's first "Next Vet" edition of *Partners in Practice* and wish you the best of luck in your future endeavors.

Sincerely,

Joe Ferraro

Equine Product Manager, Merck Animal Health

We're for the horse.™

Regu-Mate® (altrenogest)

Solution 0.22% (2.2 mg/mL)

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Regu-Mate® (altrenogest) Solution 0.22% contains the active synthetic progestin, altrenogest. The chemical name is 17 α -allyl-17 β -hydroxyestra-4,9,11-trien-3-one. The CAS Registry Number is 550-52-2. The chemical structure is:

Each mL of Regu-Mate® (altrenogest) Solution 0.22% contains 2.2 mg of altrenogest in an oil solution.

ACTIONS: Regu-Mate® (altrenogest) Solution 0.22% produces a progestational effect in mares.

INDICATIONS: Regu-Mate® (altrenogest) Solution 0.22% is indicated to suppress estrus in mares. Suppression of estrus allows for a predictable occurrence of estrus following drug withdrawal. This facilitates the attainment of regular cyclicity during the transition from winter anestrus to the physiological breeding season. Suppression of estrus may be used to facilitate management of prolonged estrus conditions. Suppression of estrus may be used to facilitate scheduled breeding during the physiological breeding season.

CONTRAINDICATIONS: Regu-Mate® (altrenogest) Solution 0.22% is contraindicated for use in mares having a previous or current history of uterine inflammation (i.e., acute, subacute, or chronic endometritis). Natural or synthetic gestagen therapy may exacerbate existing low-grade or "smoldering" uterine inflammation into a fulminating uterine infection in some instances.

PRECAUTIONS: Various synthetic progestins, including altrenogest, when administered to rats during the embryonic stage of pregnancy at doses manyfold greater than the recommended equine dose caused fetal anomalies, specifically malformation of the female genitalia.

DOSAGE AND ADMINISTRATION: While wearing protective gloves, remove shipping cap and seal; replace with enclosed plastic dispensing cap. Remove cover from bottle dispensing tip and connect luer lock syringe (without needle). Draw out appropriate volume of Regu-Mate solution. (Note: Do not remove syringe while bottle is inverted as spillage may result.) Inject into the mare's rectum orally at the rate of 1 mL per 110 pounds body weight (0.044 mg/kg) once daily for 15 consecutive days. Administer solution directly on the base of the mare's tongue or on the mare's usual grain ration. Replace cover on bottle dispensing tip to prevent leakage. Excessive use of a syringe may cause the syringe to stick; therefore, replace syringe as necessary.

WHICH MARES WILL RESPOND TO REGU-MATE® (altrenogest) SOLUTION 0.22%: Extensive clinical trials have demonstrated that estrus will be suppressed in approximately 95% of the mares within three days; however, the post-treatment response depends on the level and ovarian activity when treatment was initiated. Estrus in mares exhibiting regular estrus cycles during the breeding season will be suppressed during treatment; these mares return to estrus four to five days following treatment and continue to cycle normally. Mares in winter anestrus with small follicles continued in anestrus and failed to exhibit normal estrus following withdrawal.

Response in mares in the transition phase between winter anestrus and the summer breeding season depended on the degree of follicular activity. Mares with inactive ovaries and small follicles failed to respond with normal cycles post-treatment, whereas a higher proportion of mares with ovarian follicles 20 mm or greater in diameter exhibited normal estrus cycles post-treatment. Regu-Mate® (altrenogest) Solution 0.22% was very effective for suppressing the prolonged estrus behavior frequently observed in mares during the transition period (February, March and April). In addition, a high proportion of these mares responded with regular estrus cycles post-treatment.

SPECIFIC USES FOR REGU-MATE® (altrenogest) SOLUTION 0.22%:

SUPPRESSION OF ESTRUS TO:

1. Facilitate attainment of regular cycles during the transition period from winter anestrus to the physiological breeding season. To facilitate attainment of regular cycles during the transition phase, mares should be examined to determine the degree of ovarian activity. Estrus in mares with inactive ovaries (no follicles greater than 20 mm in diameter) will be suppressed but these mares may not begin regular cycles following treatment. However, mares with follicles greater than 20 mm in diameter frequently respond with regular post-treatment estrus cycles.
2. Facilitate management of the mare exhibiting prolonged estrus during the transition period. Estrus will be suppressed in mares exhibiting prolonged behavioral estrus either early or late during the transition period. Again, the post-treatment response depends on the level of ovarian activity. The mares with greater ovarian activity initiate regular cycles and conceive sooner than the inactive mares. Regu-Mate® (altrenogest) Solution 0.22% may be administered early in the transition period to suppress estrus in mares with inactive ovaries to aid in the management of these mares or to mares later in the transition period with active ovaries to prepare and schedule the mare for breeding.
3. Permit scheduled breeding of mares during the physiological breeding season. To permit scheduled breeding, mares which are regularly cycling or which have active ovarian function should be given Regu-Mate® (altrenogest) Solution 0.22% daily for 15 consecutive days beginning 20 days before the date of the planned estrus. Ovulation will occur 5 to 7 days following the onset of estrus as expected for non-treated mares. Breeding should follow with other procedures for mares in estrus. Mares may be regulated and scheduled either individually or in groups.

ADDITIONAL INFORMATION: A 3-year well controlled reproductive safety study was conducted in 27 pregnant mares, and compared with 24 untreated control mares. Treated mares received 2 mL Regu-Mate® (altrenogest) Solution 0.22% (2.2 mg/mL) body weight (2x dosage recommended for estrus suppression) from day 20 to day 325 of gestation. This study provided the following data:

1. In filly offspring (all ages) of treated mares, litter size was increased.
2. Filly offspring from treated mares had shorter interval from Feb. 1 to first ovulation than fillies from their untreated mare counterparts.
3. There were no significant differences in reproductive performance between treated and untreated animals (mares & their respective offspring) measured by the following parameters:
 - interval from Feb. 1 to first ovulation, in mares only.
 - mean interval ovulatory interval from first to second cycle and second to third cycle, mares only.
 - follicle size, mares only.
 - at 50 days gestation, pregnancy rate in treated mares was 82.8% (9/11) and untreated mares was 100% (4/4).
 - after 3 cycles, 11/12 treated mares were pregnant (91.7%) and 4/4 untreated mares were pregnant (100%).
 - colt offspring of treated and control mares reached puberty at approximately the same age (82 & 84 weeks respectively).
 - stallion offspring from treated and control mares showed no differences in seminal volume, spermatozoal concentration, spermatozoal motility, and total sperm per ejaculate.
 - stallion offspring from treated and control mares showed no differences in sexual behavior.
 - testicular characteristics (scrotal width, testis weight, parenchymal weight, epididymal weight and height, testicular height, width & length) were the same between stallion offspring of treated and control mares.

REFERENCES: Shoemaker, C.F., E.L. Squires, and R.K. Shideler, 1989. Safety of Altrenogest in Pregnant Mares and on Health and Development of Offspring. Eq. Vet. Sci. (9): No. 2: 69-72. Squires, E.L., R.K. Shideler, and A.O. McKinnon, 1989. Reproductive Performance of Offspring from Mares Administered Altrenogest During Gestation. Eq. Vet. Sci. (9): No. 2: 73-76.

WARNING: Do not use in horses intended for food.

HUMAN WARNINGS: Skin contact must be avoided as Regu-Mate® (altrenogest) Solution 0.22% is readily absorbed through unbroken skin. Protective gloves must be worn by all persons handling this product. Pregnant women or women who suspect they are pregnant should not handle Regu-Mate® (altrenogest) Solution 0.22%. Women of child bearing age should exercise extreme caution when handling this product. Accidental absorption could lead to a disruption of the menstrual cycle or prolongation of pregnancy. Direct contact with the skin should therefore be avoided. Accidental spillage on the skin should be washed off immediately with soap and water.

INFORMATION FOR HANDLERS:

WARNING: Regu-Mate® (altrenogest) Solution 0.22% is readily absorbed by the skin. Skin contact must be avoided; protective gloves must be worn when handling this product.

Effects of Overexposure: There has been no human use of this specific product. The information contained in this section is extrapolated from data available on other products of the same pharmacological class that have been used in humans. Effects anticipated are due to the progestational activity of altrenogest. Acute effects after a single exposure are possible; however, continued daily exposure has the potential for more untoward effects such as disruption of the menstrual cycle, uterine or abdominal cramping, increased or decreased uterine bleeding, prolongation of pregnancy and headaches. The oil base may also cause complications if swallowed. In addition, the list of people who should not handle this product (see below) is based upon the known effects of progestins used in humans on a chronic basis.

PEOPLE WHO SHOULD NOT HANDLE THIS PRODUCT:

1. Women who are or suspect they are pregnant.
2. Anyone with thrombophlebitis or thromboembolic disorders or with a history of these events.
3. Anyone with cerebral-vascular or coronary artery disease.
4. Women with known or suspected carcinoma of the breast.
5. People with known or suspected estrogen-dependent neoplasia.
6. Women with undiagnosed vaginal bleeding.
7. People with benign or malignant tumors which developed during the use of oral contraceptives or other estrogen-containing products.
8. Anyone with liver dysfunction or disease.

ACCIDENTAL EXPOSURE: Altrenogest is readily absorbed from contact with the skin. In addition, this oil based product can penetrate porous gloves. Altrenogest should not penetrate latex rubber or impervious gloves; however, if there is leakage (i.e., pinhole, spillage, etc.), the contaminated area covered by such occlusive materials may have increased absorption. The following measures are recommended in case of accidental exposure.

Skin Exposure: Wash immediately with soap and water.

Eye Exposure: Immediately flush with plenty of water for 15 minutes. Get medical attention.

If Swallowed: Do not induce vomiting. Regu-Mate® (altrenogest) Solution 0.22% contains an oil. Call a physician. Vomiting should be supervised by a physician because of possible pulmonary damage via aspiration of the oil base. If possible, bring the container and labeling to the physician.

CAUTION: For oral use in horses only. Keep this and all medication out of the reach of children.

Store at or below 25°C (77°F).

NADA# 131-310, Approved by FDA.

HOW SUPPLIED:

Regu-Mate® (altrenogest) Solution 0.22% (2.2 mg/mL). Each mL contains 2.2 mg altrenogest in an oil solution. Available in 1000 mL plastic bottles.

* US Patents 3,453,267; 3,478,067; 3,484,462

Manufactured by: DPT Laboratories, San Antonio, TX 78215

Distributed by: Intervet Inc., Millsboro, DE 19966

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