

Barb Crabbe

[00:00:00] Hi guys. And welcome back to another episode of the ride. This is Nicole and I'm Michaela. And today we are talking with Dr. Barb Crabbe. Uh, if you guys aren't familiar with the magazine or our website, or really any kind of, part of horse and rider, you know, that Barb crab is one of our contributing veterinarians.

We use her frequently in the magazine and she's been with the magazine for a really long time. And we're so thankful for her. Um, expertise because she really is, um, it really fascinating person outside of the veterinary stuff, but she has so many stories and so much information that is, you know, the up and coming stuff that veterinarians are working on and current, you know, Current practices and what to look for.

And, um, so all of this information is so helpful for us because, you know, we are very in tune with the horse industry as we own a horses ourselves. But, um, you know, you kind of get a different side from it when you work with a veterinarian. Yeah. And something cool about this episode is like, not only is she talking about stories and the life of a veterinarian, but she also.

Gives her backstory. So for our readers and audience members who, you know, love Barb in the content that she creates, this gives you some insight into who she is and how she has her background in horses. So, um, kind of going off of that, let's jump into some, we, we don't have a ton of current events to go over right now, but we're going to cover a few things before we jump into that interview.

Uh, the first thing that we wanted to kind of talk about. Was, um, something we're doing for horse and rider on demand for the, for the holiday season, uh, McKayla, I came up with this amazing idea to do the 12 days of horse and rider on demand. So, um, do you want to kind of tell everybody what to look forward to and how they can participate?

Yeah, so it's so much fun. I. Thought of this idea. And I thought that our audience would really love it and enjoy it because it just gives you an opening into horse and rider on demand, which if you aren't familiar with horse and rider on demand, that's our video platform, um, with several Western, um, horse trainers.

So with the 12 days of horse and rider on demand each day, we release a new video for free that you can watch and then you can access all of them. Previous days, videos as well. And then you can sign up to win a free [00:03:00] membership to horse and rider on demand. Each day we draw a new winner. And, um, if you haven't had a chance to check out on demand, um, I know we've talked about it a lot on this podcast, but we are, have come out with a bunch of new contents right now.

Our R Kelly alt swagger content is going live and she shows you different workouts that you can do at home. Yeah. Um, which I mean, we've talked about on this podcast and we've talked with Kelly, how fitness is super important when you're riding, because you know, not only is your horse, an athlete, but you are too.

Um, and when winter comes, I know myself, like I, the only place that we have to ride as an outdoor arena, McKayla, I think you're the same way. So when the weather gets really bad and there's snow, or it's just super cold out, like I'm stuck out of the saddle. So it's a really great way to stay in shape.

Even if you can't ride. Yeah. And with the holiday seasons fast approaching, and we just past Thanksgiving, I know that I have eaten the weight of a whole [00:04:00] 12 pound Turkey. So I really could use some fitness help as I am stuck in the house having zero motivation to go ride since it's getting darker earlier.

So Kelly has been my hero through all of this. Yeah, she's great. And, um, the workouts are super at home friendly. You don't have to have a lot of, um, you know, training tools or anything. You can do a lot of it just with your body way. Um, or just a couple of, you know, small dumbbells that you have laying around and.

Uh, it's really great. So I hope you guys check it out. I know that we've been getting a lot of really great feedback from that. Um, another thing that is going on is Mikayla had to go to the NFR for a couple of days. Um, she was able to get out of. Texas and get home safe and, um, you know, avoid getting sick, which we're really thankful for.

But, uh, you got to go to cowboy Christmas and of course we made sure that everybody was [00:05:00] following COVID protocols. Um, making sure social distancing was happening, wearing masks, um, washing hand sanitizing. Um, but you were able to work with some of the vendors there to come up with some content that is going out live on our website right now.

Yeah. Super hard, not because walking around and getting creative ideas is hard, but walking around all of these super cool vendors and not spending every dime that I own was the hardest thing that I had done all year in 2020 has been filled with a ton of hard things, but all of these vendors has to have super unique items at their booths.

And so I. Worked with a lot of them to create different articles and different ideas to share with you guys. So that way, if you aren't able to attend cowboy Christmas, you can still shop with these vendors and get all of the super cool items that they have. Everything from furniture to [00:06:00] handbags, clothes, shoes, you name it.

One of the super cool things that I saw was a bison armchair. It was the coolest all there. And. Say it a million times that I saw a ton of super cool things, but this lady had a ton of bison hide. Furniture items and they would all be paired together and look super cool. So there's an article coming out I believe tomorrow.

And it will have those furniture items listed in there. And then another fun one that I did was with Yellowstone getting a Beth Dutton inspired look because who isn't in love with Beth Dutton and her fashion right now. So that was a lot of fun to get, to go around with all of the people and. Like Nicole said, be safe about doing it, but really promote cowboy Christmas and the shopping experience, because it really is the ultimate Western getaway.

And I love that. Um, you are taking the time [00:07:00] to find all these websites and pair links with them. So the people who are staying home like myself, um, I'm doing a lot of Christmas shopping online this year. And I know like some of the Yellowstone stuff that you've put out have, um, I've been trying to buy online just because I know people would love them, but I'm just not in a position to travel right now.

So, um, yeah, even if you are going to, to NFR and you want to check out cowboy Christmas, Mikayla offers some really great, um, vendors to check out, but if you're not going to go and you're going to stay home and watch the NFR on TV, like I am. Uh, you can still enjoy the shopping that comes with it. Yeah, absolutely.

Um, so I think that really wraps most of our current events up other than the fact that this is our last episode of season two, which is super exciting. We to take a little bit of a break, enjoy our holidays, and then come back full of new people for season three. And with that, we'll just go [00:08:00] ahead and get started on this interview.

Hi everyone. And welcome back to the ride podcast. This episode, we are here with Dr. Barb. Krabbe who you all are very familiar with by now, especially if you frequent the print magazine, Barb is a long-time contributor to horse and rider, and Barb just has a ton of fun and great stories that we just want to share with you guys outside of her knowledgeable equine health so far.

Thank you so much for joining us today. Yeah, I'm excited. Thanks for having me. Yeah. So I guess we'll start out with, for our, maybe new listeners who don't know who you are and maybe aren't familiar with what you do. Could you tell us a little bit about yourself? Uh, sure. So I'm a, I'm a horse fit. [00:09:00] Um, I've been in practice for gosh, 30 plus years now.

It seems amazing. Um, I own a three doctor general practice in the Portland, Oregon area. So we're. Out there with kind of boots on the ground, taking care of horses every day. Um, my, my horse background is more, a little different from the horse and rider. Readership is more, um, Hunter jumpers and the dressage crowd.

That's kind of who we work for a little bit more. And then my, my latest thing just to put this out there is I've started last year. I started a program in bioethics. Um, it, the nice Wanger Institute for bioethics at the medical school at Loyola Chicago. So that's been kind of a fun adventure. How did you get involved in that?

Like what, you know, how, where did, how did that become a thing? Well, it's something I've been kind of threatening to do for a long, long time. Actually, just after 30 years in the horse industry, you see a lot of things that, um, maybe you'd like to see change a little bit [00:10:00] and really as a veterinarian, we don't get any training or we.

Not much anyway, in ethics as a part of our like veterinary school training is becoming kind of a huge thing in human medicine. So I just started looking at programs and reached out to the head of the loyal program. And here I am a year later halfway into a master's program. So there you go. Um, I'm actually from Chicago area, so I'm very familiar with Loyola and it's a great school.

Yeah. I've been super impressed. They're really kind of leaders in the whole bioethics thing. So. Awesome. Well, maybe we'll get a little bit more into that later on in the podcast, but let's kind of break down your, of course experience first. I know you mentioned that you do a lot of the Hunter jumper circuit and more of the English world.

Did you grow up riding? How, how did you become, like, how did you know that becoming a vet was for ant for large animals for horses was something that you were, you know, destined to do. Yeah. [00:11:00] So I started out, I did not come from a horse family. Um, I started out in a suburban California kind of kids life, and I was just that horse crazy kid.

Um, I actually, I had a friend in fourth grade who took riding lessons and she begged my parents to buy me a horse for my entire life. Like most of us did and, uh, My friend and I managed to convince, or she managed to convince me to, I built a saw horse. Its name was Swifty, and I kept it in my backyard so that I could groom it and clean install and write it every day and prove to my parents that I could have a horse and take care of it.

Um, and, uh, from there, they gave me five riding lessons for Christmas one year, and it just never stopped. So. I did the typical four H thing and came up through all that and decided I wanted to be a horse vet when I was really young. And then I actually went kind of different directions for awhile. And I went off to college.

Interestingly, I changed my [00:12:00] major to journalism for a while thinking I might like to do that. My dad was a broadcaster, so I grew up in that world. Um, and then. What I really wanted to do was ride horses. That's all I ever really wanted to do. So I went back East and spent a year as a working student realized I was either going to have to get lucky or find money somewhere.

So I opted to come back home to California and, uh, applied to vet school and I got in. So that's why I went. Well, the journalism part really plays into it now, because now you're kind of getting the best of both worlds riding for horse and rider and still continuing to have hands-on with all of the vet experience.

Yeah, no, it was definitely a helpful, it's always, it's kind of interesting to me that I ended up doing as much writing as I have done over the years. Um, Wasn't necessarily a plan that was, uh, that was a Jenny Meyer triggered thing. When I graduated from vet school, she immediately hit me up to write a [00:13:00] column for her California horse review when she was the editor there.

So it's funny that I ended up kind of going back to that. Oh, so you've known Jenny for a long time then or ever. Oh, I love that. Um, yeah, no, she, uh, she brought a lot of really great people to the horse and rider universe. So we're so thankful for her connections. Yeah, no, she's amazing. Um, okay, so kind of going, you, you kind of did what I think every.

Horse crazy kid did where they're like, I just want to ride horses for a living. They go do that. I did that too for the Western industry and the guy who happens to be, he's like a father figure and a mentor. He was like, go use your degree. Don't be a horse trainer. So I kinda came back home and, and got into the journalism stuff and just so happened to fall into the horse industry.

But, um, did you, when you were graduating. School and kind of just going into the field, [00:14:00] did you have a specific kind of thing that you wanted to focus on or was it just kind of general practice or how did you go about kind of figuring that out? Yeah, so I, I took a very different road than what I had originally planned.

Um, well, so just quickly an intro. Well, fun fact about my relationship with Jenny, we actually met not about horses. Um, we met because I was working for the department of fishing game, doing wildlife stuff. And I worked with her on an educational program for kids and wildlife and the horses were just kind of a side thing.

So, um, so when I went to vet school, I actually considered doing wildlife medicine. I kind of debated between equine practice or wildlife medicine. Um, and I always thought I would be a university person, an academic person. Um, I intended to do a surgery residency. That's where I thought I would end up involved in research, actually did a master's program when I was at Davis in biomechanics.

So I was super interested in motion [00:15:00] analysis and lameness and obviously the performance horses. So that was what I kind of came out most interested in. Um, A couple. I mean, I took a different path than that. I met my husband when he was a resident when I was a senior student and he was, he was finishing his residency and was kind of done with university life.

So we made a deal that we'd come to Portland, Oregon. And if one of us hated it after a year, we would leave. Um, and here we are. So I sort of fell into. Owning a practice. Um, I worked for a practice here locally and then ended up going out on my own and built the practice up from that. Um, with my original focus was wanting to do performance horses and do the lameness stuff.

And honestly, do you want to talk about ethics? Um, that was a little bit of a tough, it's a, it's a tough industry and there was a lot going on at that time that I just couldn't stomach. So I shifted away from doing. Quite so much of that did a lot of [00:16:00] reproach for a long time, did general practice. Um, and honestly now it's kind of shifting back to where I can, we're doing more diagnostics, less kind of flex and inject kind of stuff in the performance horse world.

So I feel more comfortable with it now, but that was definitely a journey for me. Well, so it sounds like you have a pretty broad background in just about every part of the equine veterinary world. So I know that we. Talked about this before in articles and stuff, but about weird and odd cases of, um, visiting with horses.

So do you have like a favorite story that you went out to see a horse and it was weird or strange, or just a happy ending story that we can share? Oh my gosh. I have so many stories, but I don't know that I can. I think of one necessarily, I'm sort of famous for being the person who, uh, shows up at a barn and starts picking up the lunch whips out of the middle of the arena and telling people the story about the [00:17:00] horse that drove the whip into its coffin joint and ended up dead or removing the cleaning implements that are stacked next to a stall door.

Um, and tell him a story about the horse that impaled it. A lot of my stories aren't super happy. Um, yeah, so they might not be happy, but they're definitely like things that we overlook. I know that well with what you just said with the lunge whip, I am so guilty of leaving, leaving a lunge whip in the round pen because I'll just be working horses in there and I don't want to carry it back and forth, but Oh my gosh.

I've never thought about that happening. Yeah. Those little plastic fibers. Yep. We actually had a horse once that backed into a, you know, how in the cross ties you'll have your manure fork hanging up against the wall, backed into the manure fork and drove one of the times. It gave itself basically a second rectum [00:18:00] by driving the time all the way up under it's like how it was probably itching.

I don't know how it happened, but it's just amazing what they come up with. My husband does that. Suicidal horse imitation, you know, with the horse, trying to figure out how it can get to the nail, just to get it into its eye. Just exactly how it can do the most damage. So if they can think of it, they will.

Yeah, of course, it's art, insane creatures with all of the ways that they try to get hurt and killed themselves. And I'm sure as a vet, you see. All of that. I mean, just as horse owners were like, wow, our horses are suicidal, but you actually see it all the time. Oh yeah, absolutely. So kind of going off of those stories, what would you say?

And I don't want to like give a number, but like, what is maybe some of your top advice for, for horse owners on things like that, where we don't like, I don't necessarily think about picking up the lunge whip or. Or making sure that, you know, there's not a, uh, Pitchfork right next to my horse [00:19:00] where he can, you know, impale himself.

But, um, like from, from your journey as a vet, like, what are some of the things that you like to warn horse owners about that, you know, we just don't think about, yeah, there's so many, I'm just thinking of another story. There's so many things that people don't think about. Um, uh, another one that I've seen happen twice, And had happy endings.

So this is good. Um, are people who park horse trailers and put the door down, um, the window down. So the horses have their heads poked out. When they're parked out at a horse show, getting ready to unload or whatever. I've seen two horses go through those wind up 24 by 48 inch windows. Um, and make it out unbelievably alive, but, uh, one of them ended up getting lodged through the window with the time quarters stuck in the feeder.

We had to basically put it under anesthesia and manipulate it out of the window. Um, just, you know, you just got to think about anything that they can do. They're they're so [00:20:00] unpredictable and they're prey animals, you know, they're gonna try to leave if they can. So, and then I, sometimes I have people get mad at me when I stop and I tell them, you know, you should really close your window.

I've seen that happen twice. And there'll be like, my horse is fine. It'll never do that. It will never do that until it does. Yeah. You can never say never, especially with horses. Right? I

mean, I think the biggest thing also, I mean, I've had a couple of really serious injuries, um, and that's probably even more than what the horses can do to get themselves in trouble.

I see people who just don't understand that horses can kill you. And it doesn't take much, you know, this is a real positive thing, but, but you, you, you can't ever kind of let your guard down. And we have incidents that happen all the time when we're out working and we'll have a near miss. That's always kind of a reminder, you know, you're injecting a Hawk or something and you almost get kicked, but you [00:21:00] don't and you think, Oh God, I had my face just a little too close to that time.

Or, and I see people doing things like that. All the time where they just think it's not going to happen to them. And then it does. Yeah. Yeah. Or they think they're one is just perfect and not ever going to hurt them because they've had them for. Right. So in 12 years, and they know the ins and outs of this horse, but there's always their flight and prey animals.

So you never know. Yeah. My horse loves me. He'd never hurt me. Wow. A couple of weeks ago, my friend, who she's a fairly accomplished writer, actually, she's been on the podcast and she's a world champion rider. Her husband's a horse trainer and, um, she's been showing for. You know, 40 plus years now. And, um, but just a couple of weeks ago at a horse show, she w had a horse on the.

You know, cross ties and was bringing a wheelbarrow over to, you know, pick up the manure that he, you know, he had pooped in the aisle way and he kicked her in the leg and she [00:22:00] just, you know, it didn't even phase her because we do these things so much. And so often, you know, you're just going to clean up poop in an aisle way.

Like you don't think you're going to get kicked. And she's so lucky that only one of his legs got her because had both of them hit her. Like, you know, it could have been a lot worse than what it was. Right. Yeah, my, one of my worst accidents was a 25 year old mayor who was sedated. Um, and, uh, I was working on an abscess on, on her head.

And I, that's another thing I guess, to tell people she gave me a look that I can only say it was a look that I should have paid attention to. Um, and it was very closely followed by a strike. With a shoeless foot that basically filleted my entire leg open from the knee to the fetlock or fell off to the, to my ankle.

That's hilarious. Um, yeah. And put me in the hospital for three days and two surgeries and you know, [00:23:00] so if a 24 year old son David quarter-horse can do it too. Yeah. You just gotta be careful. I just have to say, you know, you're a vet when you're describing yourself and you say, it's your fetlock. Yeah, that was pretty funny.

Well, I know personally myself that sometimes my horse will be a little naughty or something, and it's just, you know, personality or they've had experiences that make the vet uncomfortable. And I know a lot of horses feel uncomfortable with needles and such, but it's always one of my biggest fears that my horses misbehave and potentially injure somebody else, especially my beloved vets who takes such good care of my horses.

So what are some. Words of wisdom that you could provide our listeners with to maybe work with their horses a little bit more to make your job safer. Yeah, I think it's, that's, that's a really good question because what we hear from people all the time is, Oh, they never do that with me, you know, or there she's [00:24:00] always perfect.

Um, the, the reality is that usually owners aren't doing something that the horse really doesn't like, it's kinda like a parent with a little kid, you know, they're, they're always, they never act like that. You know, when they ask for the candy, you give it to them. Right? So I think one of the biggest things that people can do is work with their horses on accepting sometimes things that they may not appreciate.

And so for the horses that are really bad, I'll have people work with actually getting them to accept certain restraint techniques. Like we use a shoulder roll a lot. If we have to, um, teaching your horse to put its head down is one of the best things you can do, uh, for all kinds of things. Cause it kind of breaks that resistance cycle that you get into, um, working with them to pick up their feet and, you know, hold up their feet.

Um, I had a horse recently that I was trying to do a lameness exam and I needed to really block it. I couldn't even hold up its foot to do flexion tests. Cause it was jerking its foot away [00:25:00] from me. Um, One of the things I like to teach people about the foot thing in particular, because that's an area that can be really hard, um, is when you're holding up a horse's foot and you go to put it down on the ground, don't let the horse take it away from you and put it on the ground.

You have to put it on the ground for the horse. And if you start that with a baby, with the young horses, when you're first working with their feet, hold on to it. And actually you lower it to the ground and put it to the ground that can help out with an awful lot of things. So that's a good one, but mostly, you know, just the horses have to tolerate sometimes things they don't like, just like kids do.

Yeah, nobody, nobody likes having, you know, needles put in their body or anything, but it is, it is a really important thing that we need to make sure that horses can, can tolerate, you know, so that we can, we can do what we can to help them. So going kind of off of your stories and advice for owners, you kind of mentioned that you've, I guess it's not really a big time, but you kind of mentioned that you are [00:26:00] recently going back into the performance horse stuff.

Have you noticed a huge difference in the way that we're working with performance horses? I know for myself and this might be related to something or not. Um, when I was showing, you know, 20 years ago, I had this mayor who was always very grouchy at the horse shows and couldn't keep weight on and yeah.

You know, everybody was always like, Oh, she's just a hard keeper. And now looking back now, I feel like we talk about ulcers, you know, way more than we did 20 years ago. And, um, I look back then and I'm like, man, I really wish that I would have treated for her for ulcers because I'm, you know, showing all the characteristics of one that probably had ulcers.

Are you noticing any other, and maybe you're noticing this with ulcers too, but are you noticing any like differences in the performance industry now that you've come back to it after stepping away from it for awhile? Yeah. And I should probably clarify that it's not, that I've ever stepped away from it.

I've been, I've been in, worked in the performance horse world up to my eyeballs for my whole career. [00:27:00] More for me, what I have stepped away from is doing things that I don't think are okay. Yeah. Okay. Yeah. So, I mean, I was on the treatment team for wag try on, and my daughter competed at the metal finals back East and I've done the.

You know, regional dressage finals every year. And so I am, I'm an FBI vet. I'm definitely have been involved in it. Um, but I think the biggest thing I've noticed honestly, or the, the biggest thing that, that I think is starting to transition is, and it's partly because technology has improved is diagnosing problems instead of just the whole maintenance thing and the whole.

Just treat, you know, professional human athletes. Don't go in and get their knees injected on an annual basis. That just doesn't happen. They go in and they have an MRI done and they have a diagnosis. And I think that's the most important shift. [00:28:00] Um, and we're seeing more of that. I honestly, to give credit in the younger veterinarians that are coming out, um, because they're learning some of that more through their schooling.

So that's the biggest shift that I'd like to see. And I, yeah, I mean, obviously ulcers are becoming a thing because we know about them now and we understand about them now. But so if I were going to use that and make a correlation there, I think, but the difference would be assuming that your horse has ulcers and treating them versus actually making a diagnosis by scoping them and then using appropriate treatment because we know.

There's aren't just a single, like, there's not just one type of ulcer, right? There are two very distinct different things. And we do a ton of gastroscopies at our clinic. That's one of the, we do a lot of referrals and one of the things we look at a lot, um, and just even the location of where those lesions are in the stomach can change how you might do your management.

So being willing to go and get that information, as [00:29:00] opposed to just making an assumption or, you know, Treating them because you think maybe they have, um, I think that's to happen and, and is starting to finally in the last, maybe five years. So we've kind of, you've touched on this a few times and I feel like we should probably dive into a deeper, but the ethics aspect of it and what you don't like, because I think talking about.

You know, the ethical aspect of it, and what's right and wrong is really informative for horse owners because they put a lot of trust in a veterinarian's farriers and all of their horse health team. So being able to be a horse owner and understand the right and wrong and what you should do and what's best for your horse is really a big understanding that maybe not all horse owners do understand and are on the same page with.

Right. And that, that, yeah, that's a huge, I mean, that's like consuming my life at the moment. I just, in fact recorded, I just [00:30:00] did a paper, um, for the AEP on applying

some of the methods that are used in human bioethics to making decisions in equine practice. Um, and you mentioned owners and I think that's hugely important.

Um, That owners. So, I mean, I could really dive deep into this. I'm not sure that you necessarily want that, but if you look at the kind of number one principle that guides bioethics in human medicine is autonomy, which is the patient's right to choose. So it, uh, Uh, as, as humans, when we go into the hospital, we have, we have the right to make our own decisions about what we want.

Right. Um, horses can't do that. They can't make their own choices. So if you, if you do a parallel with human medicine, um, they're human. Patients who can't make their own choices either. Um, like newborns, even young children, if you think about older people with dementia. And [00:31:00] so that transitions then to a surrogate decision maker.

So if we look at, at veterinary practice, all of our patients are dependent on surrogate decision makers. They're all dependent on other people, making decisions for them. Um, And then another interesting kind of breaking that down further. When you get into surrogate decision makers, there are two ways that they can make decisions.

One which is preferred is, um, based on it's called the substituted judgment standard. And it's based on what that patient would have wanted. So when you make a decision for your adult, parent or whatever, like to turn the ventilator off, you may not want to make that decision yourself, but you know, that's what your adult parent has stated that they want.

So the horses don't even have that option, really, because we don't know what they want. So that takes us one more level down, um, which is to the best interest standard. So we should be making decisions. The, whoever the surrogate is, should be making decisions for the horses [00:32:00] based on what's in the horses best interest.

Um, unfortunately the horse industry is, uh, you know, it's a billion dollar industry, right? So there's there's money that enters the equation. At any time you, you combine that you run into ethical. Stuff. So one of the biggest things I think is that, um, we depend an awful lot in the performance horse world on trainers.

To be the surrogate and owners, oftentimes don't even know what's happening with their horses unless they talk to the vet directly, or they look at their medication bills on their, you know, on their training bills or medication charges. Um, I think that the number one thing we should look at is that owners are probably the more appropriate surrogates and they should be the ones making decisions for their horses because owners.

They, they need to be informed about all of the pros and cons. They need to be informed about the long-term risks of things that they do. And I think we depend too much on trainers and I in [00:33:00] practice and the trainers. I mean, I, I love my trainers. Like I work with a lot of trainers, um, and, and they're great, but, um, the owners are the ones who should be responsible for making decisions.

I totally agree to that. And you know, so many times have I heard from people that say, well, I didn't even know my horse got injections or, you know, blah, blah, blah. And they just get

the vet bill a month later. And, um, you know, maybe I'm just, you know, different where I've been always extremely involved in what my horse is doing and everything, even when I had it in training, but I just, I couldn't fathom.

Not knowing what's going on with my horse when I'm not there. You know, not even just like for the training aspect, but when it comes to, you know, my horse health, Great. Absolutely. So let me give you a, here's a good example since you mentioned injections. Cause obviously that's a huge thing. So you have a horse in a training program that is lame and it, it blocks to a foot.

Right. And it's supposed to go to a [00:34:00] horse show in three weeks. So we all know that if we inject the coffin joint on that horse, it's probably going to feel better and it's probably going to make it to the horse show. But what if that horse has. Some kind of an underlying soft tissue injury and especially, you know, we deal with a lot of jumpers and it goes in a jump.

You inject it, it feels better. It goes, it jumps around. And then you end up with, uh, you know, potentially career threatening injury. Right. So I feel like if we, if the owner knew about that whole thing and, and understood that risk, they're not going to put pressure on the trainer to, to get the horse to the horse show, no matter what they're going to hopefully listen to the veterinarian and they're going to make the right choice for the longterm health of the horse.

Absolutely. Well, I know personally as well, I. Pay attention to my horses and I don't have a lot of money to go out and buy another horse. So my good horses, I try to do everything that I can and consult my vet, whether my horse, you know, [00:35:00] Has a tiny thing wrong or something big. I feel like I'm always talking to my vet about what's right.

And what's wrong with my horse to be able to pro you know, keep her at her highest competition level for as long as possible, because I can't afford to go out and buy a new horse. So I would rather pay that. They'll see, keep my horse. Sound for the term thing going out and replacing her, especially because I love her anyway.

So I don't want to just lose her because I also love. Right. Right. And you guys might be amazed to know how many owners. Never, I've actually, this was a long time ago, but I've actually called an owner once to tell her I had seen her horse at the barn. It had a cellulitis. I called her to explain to her what was going on and what we were going to do to treat it.

And she said to me at the end of the conversation, thank you so much for calling me. I've had horses for 15 years and this is the first time I've ever talked to my own veterinarian. I was like, you have got to be kidding me. [00:36:00] Wow. I know I'm always, I mean, my vet and I are like best friends because he's also a really great one at one thing to explain things to me so that I understand them, you know, because as you know, a veterinarian's also like a doctor.

And when you talk to a doctor, you don't always understand everything that's wrong with yourself. So I care more about my horses than myself anyway. So I want to know. What

exactly is wrong and maybe break it down in layman's terms for me to understand. And he is willing to take the time to actually talk about it.

And I'm sure a lot of vets really are with their clients if the actual owners want to get involved. Right. So we as veterinarians, we all need to just be really careful about that. And you know, after you see a horse at a training barn and you talk to the trainer, call the owner directly, don't. Let the trainer be the communicator also.

Cause things get lost in translation. I think. [00:37:00] Yeah, I think we need to, and not just like the vet horse trainer aspect, but also the, the horse trainer, the farrier, the chiropractor though, whatever you're, you know, using for, to help with your horse. I think we need to work better as a team and communicate these things because you know, you can't really.

Progressive. You're not working together to, to figure out what's best for the horse. And that includes, you know, working with the owner or working with your farrier, your vet, and just making sure everybody's on the same page and can figure out the best, you know, kind of waiting, going where they need to go.

Right. Absolutely. Communicate that exactly. That was a huge, which thing for me is I was really lucky. My, my vet and my barrier were really good friends and they happened to be neighbors to the barn that I wrote at. So, you know, I was seeing them at Christmas at Thanksgiving, you know, they were coming over after they were done working to.

Check on my horse or whatever. And I [00:38:00] was just, I was always so thankful that everybody worked together as a team and there was no, well, don't listen to them or I'm not going to tell them this. Or, you know, everybody was always really great at communicating and I, I really truly think that's what set us up for success.

And, um, my bet ended up moving to Oregon. You might know him. I don't know. Um, he loves it out there. So circling back also, you mentioned, you know, that you've, you're an FEI that, and you work for a lot of, um, large events. So do you have a favorite event that you've attended as a veterinarian to, you know, work with?

Um, I mean, I obviously wag was really fun to be involved and just to be a part of all, that was really fun. Um, and I was. Well, that was an interesting experience for me, cause I was assigned to the, uh, para dressage, which kind of was it, that was a unique, different thing to, to be in the middle of. [00:39:00] I think it's fun to be just any, I, I don't really have a favorite other than that experience was really great.

Um, so that would probably be the answer to that one. Um, I too was at wag at Trion and it was definitely something I will never forget. Um, for many reasons the, uh, the hurricane and the flooding and. Yes. Yes, it was, it was very much, um, something I will not forget. I flew in, in the middle of like right at the end of the cause I was there for, I think the second.

Week. I can't remember exactly how it worked out, but on my flight on my way there, which I already was like, Oh my am I even gonna make it right. I w we actually had to make an emergency landing at some little tiny airport in the middle of nowhere, because someone on our flight had a [00:40:00] heart attack and they wheel, it was.

Crazy. It was the craziest whole experience. And then you get there and it's like sideways rain and all these people are evacuated to the hotel where I was staying at first. And yeah, it was, yeah, it was quite, uh, quite an interesting one. Um, yeah, I, uh, I was there the first week. So when the hurricane was like on its way and, um, I just remember when I was getting ready to leave all of my, um, peop, everybody that I knew from other magazines.

And I was actually staying in an Airbnb with a couple of them and they were like, Oh, well, my flight got canceled. So I'm going to Atlanta. And I'm like looking at my flight in Charlotte and it's. It's still there. And I'm like, well, I get some flying out in a hurricane. And that was the other thing I landed.

And he looked at the board in the, because I flew into Charlotte also. And you look at the board and every single flight is canceled, canceled, canceled, canceled, canceled, like, Oh my gosh. And here I am. Yeah. It was like literally raining [00:41:00] sideways. And I was like, Oh, should I be getting on an airplane right now?

This week was already like, chaotic enough with like buildings not being finished. Like they didn't even have a wall in the media room and then it flooded and like, um, I mean, I'm saying all these negative things, but really the world equestrian games was, it was a fun experience, but there's just a lot of, um, funny memories that came with it.

Right. Well, and I think I've got there and all of that, and then it got, it was lovely. I mean, it's hot, but it was. Lovely. It was very humid, super fun thing that I got to do while I was there. Cause I've never had any exposure to it at all. Was I, um, I got to be involved in some of the combined driving, um, and I was just blown away by how amazing all of that was what was super fun to watch.

So you said you were involved, were you just one of the vets that were assigned to it or how, w what were you doing within it? Yeah, basically just a scientist. I mean, honestly, being the, that on a treatment team, unless you were there, I wasn't there for the [00:42:00] whole, um, endurance ride thing. Apparently that was quite like, you know, wartime triaged, but mostly what you're doing is sitting there waiting for something to happen that doesn't happen, but you get to connect with a lot of people and talk to vets from all over the place.

So yes, the endurance one is one I will never forget. Um, but uh, kind of going off of. Try on. How did you initially get in? I know you said that you're an FBI vet, so obviously you already have a tie in with all of that, but how did you get involved with the world of questioning games specifically? Uh, so I actually had had my, um, my worst accident.

Um, which isn't a long story. You guys want to hear that when I had fractured four ribs in April of that year and spent in a collapsed long, and I got bucked off a horse and that that's a whole drama, but, um, so I had kind of spent the summer, uh, very slowly recovering and I was super disappointed because I had this [00:43:00] fantastic course that I was hoping to take the national massage finals and had all these plans for, of course.

So honestly, I just reached, I thought I'm going to try to do something. Fun. And I just reached out to the people that I knew and said, Hey, do you have a, do you need anyone,

any volunteers on it? Cause it was all volunteer, um, for the, for the WEG crew and they had a spot opened up. So that was all it took there.

I was wow. Easy. Right. I don't, yeah, I guess I probably, I, I probably got a little bit lucky with it. Yeah, well, I'm sure they're like, Oh, Dr. Barb crab wants to be on the team. Well, of course, no, I'm definitely one of the little people there. Yeah. Being a horse vet who rides though, I'm sure it comes with its own challenges because you know, you get hurt with your own things and then you have the struggles of potentially being hurt on the job.

But it also I'm sure gives you insight [00:44:00] into the day to day life. Other than being a horse vet who doesn't actually ride, they just became a horse vet because they are passionate about equine medicine. Yeah. And it'd being a writer, I think has really, really helped me a lot in practice. I mean, especially in the, in the dressage world, because I really do have an understanding kind of different, I think, um, it also comes with its challenges.

I mean, it's really hard for me to, to, because I have, you know, 10 of them that I, well, actually I have three that I love. Um, so it it's hard. You can't. Necessarily always align yourself with one specific person. Um, I'm fortunate in the Portland area that, that the trainers are all fairly. They all get along pretty well.

Um, so I can navigate that a little bit, but for the most part, I keep my horses at home, which has been a challenge because my practice is at home. So I'm trying to ride and they're coming down and so has a colic. We need you to go. [00:45:00] It never stops. No, no time for enjoying your horses. You're always on the clock, huh?

Yeah. Well, yes, but when it's at your house, yeah, it feels like I have to go out of town to really. Not work. Yeah. I know. I felt bad. I've been, I bear all race and I've been at a barrel race and I had a horse that was collocating and one of my really good friends is a vet and she lived close and I hated to ask her because she was also competing, but she was able to make her run.

And then we hurried back to her house and took care of my horse, but I was so thankful to have. A vet who rides to be able to help me with my horse because she was at the event and we were friends and she really took great care of my horse, but I apologize so deeply because it was a Saturday and she just wanted to enjoy her weekend competing, but the job never stopped.

No, I will. And I will tell you that it really depends on who that person is to the people who are [00:46:00] apologizing. And, um, yeah, I mean, I never mind when I'm at a horse show, helping. People who are at the horse shows. I mean, those people, most of them have been my clients for 30 years. You know, that's really nice that you have that community too, um, that you, you know, you not only know them through your professional work where you're, you're their vet, but you're also competing at the same horse shows and around the same people and, and involved in the industry really.

Right. Yeah. Industry's huge. So you had mentioned earlier that your husband, um, was also practicing medicine when you first met. Is he a large animal vet as well? No, he is a small

animal internal medicine specialist. So completely different. That's probably a good balance though. Right? So that you guys aren't having to work on the same things all the time.

Yeah. Although he, he actually retired, um, Spring a little bit early because of COVID. Um, so now he's our, our best farmhand. [00:47:00] So he's a little bit more involved in my practice. He recently built a bunch of paddock fences. We, we appreciate a handy, handy person around the barn. He likes to get outside. He loves his tractor.

In fact, when we're done with this today, unless I have to go do something he's coming up to help us put up an electric fence. What a great retirement plan, just helping out and doing all the fun things. I'm sure that he's been wanting to do all this time. Oh yeah. I think he'd rather, they're like traveled to Australia for a couple of months, but that's not really in the cards right now.

Well, yeah, COVID has definitely thrown everybody for a loop kind of speaking of COVID, has that affected your practice at all or how you guys have gone about doing things? I mean, I know as a medical professional, you probably understand viruses a little, a little more than, you know, somebody who's not involved in that type of medicine or practice.

Yeah, no, it's been, [00:48:00] um, it's been an interesting, um, Ride so to speak. Uh, we were actually supposed to be leaving for Mexico, like the day that everything sort of hit in March and had to cancel our vacation and stay home. And my, my two associates. We all decided at that point, because there were a lot of unknowns that, and I'm very much about doing the right thing.

So we actually closed down for the initial, like two or three weeks and did just emergency only. Um, and I actually was it at the clinic. So I was at the facility pretty much by myself, um, being receptionists. Sometimes veterinarian, sometimes technician cleaning stalls, um, which served me well, I have a much better understanding for what it's like to be in the office by yourself.

It was a pretty weird time. I have a 22 year old daughter who is graduating from college, um, that year, last year. So she actually came home and fortunately she's a pretty good hand and a pretty good horse girl. Uh, so [00:49:00] she started working for us and helped me out a ton. Um, you know, and then we kind of went back to really a little bit business as usual.

I mean, we all, I'm super crazy about the mask thing. We all are masked in the office. We actually wore masks in our trucks with our texts initially. And now this is really funny. Um, now we have a shower curtain that hangs between the doctor and the tech, uh, just so we have not coughing on each other and we don't have to wear masks all day long.

Um, but. Other than that. I mean, we've taken all the precautions and tried to be super careful, but we're still doing mostly regular practice. And then at Oregon, we just had with this new surge, we just had another two week shutdown. So we're having to go back to some of our big barns. We've had a couple of places where it's harder to get people to wear the masks when you're outside.

And we've just told them we can't come unless they wear a mask. We can't work in the middle of everything. Um, so we're just kinda trying to go along. Yeah, it's definitely been [00:50:00] a weird year. Have you guys, I know, and it might be different for you, um, you know, an Oregon versus the East coast where we have, you know, English publications on our, you know, equine network.

Um, the Western industry is kind of been business as usual. You know, the world shows are going on. Currently horse shows have been happening, but it sounds like on the East coast, a lot of stuff was. Getting canceled, rescheduled, making sure everything was outdoors. Have you noticed that in Oregon, have you guys been canceling or what's been going on in the horse show industry over there?

Yeah. The show industry has. Pretty much shut down. I mean, there's been very little, um, one of our big show facilities, Devin wood equestrian center, they have done nothing this year. They're they're super cautious. They've shut down completely. Um, I mean our national championships was canceled. We had a weird, I mean, talking about ethics.

So then with the fires there've been sporadic. Uh, dressage shows and, uh, some, one of our Barnes has traveled like to Idaho and different places to get qualified for [00:51:00] regional championships. And then we had, which is in Seattle area. Um, and then we had the forest fires where two weeks before all that. So all the horses had downtime and we're breathing the smoke.

So some of the one barn we had that was trying to go to regionals, uh, opted not to go because of the fires. So that was another thing that. I know it has. It's pretty much shut down. We have one, two big Hunter jumper barns. One is rich fellers. Um, they traveled back to Michigan to do a series of horse shows there.

And they've gone down to California a little bit, but there's been, I think only 200 to recognize Hunter jumper shows in Oregon that I'm aware of and none resale shows. So. So it's definitely a little different than the Western industry. Um, kind of you were talking about the fires a little bit and we haven't really got into this, um, in the podcast.

I know we briefly touched on it beforehand because I was [00:52:00] telling Barb how appreciative I was for the article that she had just recently come out with on our website, because I had never actually been involved in a fire until, um, the end of October when McKayla and I had to evacuate a bunch of horses.

Um, And can we kind of talk a little bit about wildfires and even just the effects of smoke, because I had never really had to focus on like the air quality before and make sure that the smoke wasn't bad. And there were days where we were just like, Oh my gosh, we can't ride because the air quality is so bad.

And then we gave the horses almost two or three weeks off after the, after they evacuated because, you know, we just, we didn't truly understand the effects that can happen to the horses lungs. Cause they're stuck breathing it all day. Right. And actually that's been a little bit of a conversation with now.

I have all my medical buddies, my human medical buddies is even what the long-term effects of the smoke. W will be on humans, right. So yeah, we can wear masks. They can't um, yeah, [00:53:00] the wildfires here were crazy. So we evacuated our farm. Um, the practice shut down. Five of my employees were on a level three evacuation.

I was up at an evacuation facility with 120 horses. Um, and, and we were there for eight days, eight nights before we came back home. Um, yeah, it, it was crazy. Um, Mostly what I did during that time was sedate horses to keep them from going. Bonkers. Um, people were hand walking a little bit to get them out of the stalls, but I think the biggest thing was trying to prevent injuries.

Um, you know, when you have, I had, I personally had a yearling that had never been off the property that was in a 10 by 10 stall for eight days. So I doled out a lot of. Sedation to help people. Um, and I don't think we really know what the long-term effects of the smoke are gonna be. We opted in our practice and our advice to people was to follow the UC Davis guidelines because clearly they have the most [00:54:00] experience with wildfire and smoke exposure.

Um, and most of the horses all got at least two weeks off after the air quality improved up to. Four to six weeks off if they had underlying respiratory conditions. Um, we did a lot of vitamin E and a mega fatty acids and that kind of stuff for helping them. And I think most of them have come through.

Okay. We only saw a handful of pneumonia things and in the weeks following, I think you probably noticed this as well. If you guys had really bad air quality, but I was coughing and couldn't, you know, you figure, if you are coughing and can't breathe, it must be even worse for the horses. So, well, I'm really lucky because I mean, um, I have to drive an hour to get to the barn.

So I was actually far enough away from the fires that on my side of town, the air quality wasn't so bad, but you know, Mikayla lives right across the street, essentially from where I keep, where I ride. And, um, she was telling me when I she's like, it hurts to breathe. My eyes [00:55:00] hurt. My sinuses hurt. Like I just feel like I'm choking and.

Um, you know, I'm just sitting there thinking like, Oh my gosh, like she's indoors where she has like filtered air, you know? And like these poor horses are just outside, right? Yeah. I mean, in Portland you could not get away from it anywhere in the Portland. Area. And we were out taking care of the horses. So we were out in it for most of the time during the day.

Cause I was cleaning stalls, you know, and helping clients out. Um, we were all double masked and yeah, you still had days where you just got home and like couldn't breathe. And even that, even keeping it clear inside the house was almost impossible. So we were fortunate. My brother lives right in Portland, not far from where the horses were evacuated, but there was nowhere you could go here to get away from the smoke for about a week.

It was awful. Yeah. The, the smoke in Colorado was enough that, I mean, I. Spoil my horses. And I'm also from the Midwest, like Nicole and wildfires. Aren't something that you deal

with. So this was my first [00:56:00] ever fire near my home, and I was scared enough that I went ahead and brought my horses back to Missouri.

So that way they could have good air quality because. My horses, like I said earlier, I don't have enough money to be able to go out and replace my expensive horses that I love so dearly. So I thought it was best to take them where I knew that the air quality was good and they wouldn't have to stand in the smoke for extended periods of time.

Because if I was choking, then I knew that especially my senior horse, he was probably struggling a little bit. Wow. That's great. Yeah, to be able to take them out of there. We did have one barn that was competing down in Sonoma and when they came home from Sonoma, they just went straight up to like North of Seattle and just avoided coming here altogether for the same reason.

It's great to be able to do that. Yeah, I do lucky. I do have to say one, one positive thing that I found when all of the wildfires were happening. And I'm [00:57:00] sure you can probably relate to this too, but here in Colorado, it just seemed like the community really came together and I've never seen, you know, so the barn that I ride at and where McKayla lives is just right outside of Boulder, Colorado, which is about very, it's probably, you know, it's a lot like Portland.

Um, it's not a huge horse. Uh, town, but at one point there were, you know, four horse trailers at one stop sign. And I'm like, I don't think I've ever seen that in Boulder, Colorado, where your whole road is just covered in horse trailers and people were driving like straight head on into the fire to go help other people evacuate at night.

I've just never, I, you know, you hear about it. A lot. And you hear about farming communities coming together when somebody needs help with harvest, but like I've never, I've never been a part of that. And so that was something that really brought a lot of, you know, comfort to me knowing that the horse industry, while we have our faults is still a really, really great industry.

And we come together when we need to. Absolutely. It just gave me chills actually. [00:58:00] Yeah, absolutely. It's uh, it, yeah, it was really heartening to see everybody pulled together and try to help out for all of that. And yeah, look, you're right. Driving, literally head on into the fire to help people try to evacuate.

And we had people who evacuated and then re evacuated. It happened here to see lazy U, which is a guest ranch in Granby. Um, we've done some stuff with them in the magazine. So I've been there, um, and they evacuated 200 head and they had evacuated them. And then that East troublesome fire, uh, grew a hundred thousand acres overnight and their evacuation area was now or where they evacuated to was now under mandatory evacuation.

So they had to re-evaluate 200 head. Wow. So, but again, the community came together and I just, like, there were videos of just horse trailers lined up on down the road, just waiting to get into the place, to, to load up as many as they could. Right. Yeah. That [00:59:00] was the,

um, we actually had people frustrated cause they had trucks and trailers were ready to go and there were so many people out helping that they didn't have to, but.

Yeah. Well, let's talk a little bit more about wildfire since it is so relevant right now, and maybe not as relevant as it was two months ago or three months ago when it felt like the whole Western part of. Uh, the, um, you know, the United States was on fire, but what are, what are some of the top things I know we talked about in our article and, you know, as always, we recommend everybody to go to horse and rider to see some of the content that you have created with us, because all of it is so informative and it's so helpful and it's helped me a lot.

But what are some of the, the main things that some of the top advice that you would give somebody who is having to evacuate and has never gone through something like that before? Right. I think we touched on that before we started it. It was interesting to me. I, I, Jenny and I did that little blurb for the magazine.

Um, or I guess for the website, [01:00:00] what I wanted to say in that after having lived, it was so completely different than what you just do when you're doing an article and you haven't actually experienced it. Um, honestly, number one through 10 is to make sure that your horses can all load in a horse trailer.

At that you can get them somewhere because people, I think envision wildfires and they envision all these terribly burned animals and the veterinarians taking care of all these horrible burn injuries. And that really doesn't happen. That was interesting. We had very little of that. Very, that that really wasn't a thing.

The biggest thing was horses getting injured during transport because they couldn't load. They wouldn't get an, a trailer. Um, so, and I think the other thing we said in that article was when people offer help, say, yes, Just say yes, like don't try to be a hero. Um, w go early. That's a huge thing. Really, when you're dealing with horses, I mean, we left [01:01:00] before we were on, we were still, I think at a level two when we left, but we knew that it was growing and.

I knew I had to get horses out and I had to get all the veterinary stuff out. Um, and that's unpredictable. So don't wait until the last minute, because then you're putting not only yourself and your horses at risk, but the people who are trying to help you, who are, as you said, driving into the fires. But if there's one thing, it's making sure all your horses can load a trailer.

I know who you're going to call that has enough trailers to get them out of there. It's it's yeah, the, the trailering thing, I guess I've just never realized how many issues people have because all of my horses have always been really great, you know, loaders. They were horse show, you know, they, I showed horses, so they were constantly in the trailer going, you know, to, and from all over the country.

But my friend where I. Ride. Um, she is a trainer and she does a lot of the natural horsemanship, but she comes from a performance horse background. So she, she kinda [01:02:00] merges the two together and she was actually, she couldn't even help us

evacuate the 48 horses outside of the barn that she, her parents own because she was too busy driving around to all these local barns, helping load all these problem horses that owners couldn't get their horses and trailer.

So that's. Insanely huge to be able to do. Yeah. And a hundred. Absolutely. Yeah. I, and the other one, honestly, this is kind of a funny, so we have young horses here, wait, which has always, that's always a challenge. Right? You have the yearling that's out in the field growing up. Right. You're not doing a whole lot with it yet.

Um, the other thing for me that I saw are the horses that aren't used to being stalled. And how difficult that can be because they go somewhere and they get stuck in a stall. And I, you know, I even had that for myself, um, that a horse just being capable of being in a stall for a day. And we do do that with our babies here.

They all come up into the barn, even when they're first weaned, when they're really little, [01:03:00] they come up and spend a night, once a week or whatever, just so they're kind of used to that whole thing because. That was the other huge thing. Again, at the evacuation facility, I ran around every morning with a tray full of sedation.

Um, and I'll do a shout out right now. Actually it does a lettuce. If I could, who donated a ton of sedation, that was just of all the things the drug companies could have done to help out. That was huge. To be able to just keep the horses from killing themselves. And killing their people. Yeah. That, that sounds huge.

And I mean, that's something I never would have thought of because I mean, like Nicole said, our horses are loaded all the time. They're stalled all the time, going through events. So that's something that. Some people might not even realize, but it's something that you need to work with with your horse. So when an emergency arises, whether it's a fire or any other form of disaster, it can be handled efficiently and effectively, right?

[01:04:00] Yes. A hundred percent. So, um, we talked a little bit about earlier about you doing stuff with Loyola university in Chicago. And, but I wanted to talk a little bit about some of the other new, uh, things coming out that you're kind of. Seeing other vets get excited about or topics that are coming up in, you know, conventions and conferences.

What are, what are some of the hot topics going on in the veterinarian world? Like what are things that we need to be looking out for or any kind of new discoveries? Oh boy. You know, I, um, I just got my AEP proceedings book yesterday and I haven't had a chance to look through it because that's always where.

You know, I think you get what the latest and greatest, and what's the newest information. Um, you know, obviously regenerative therapies are a huge topic and are going to continue to be a huge topic, which I think is, is positive. Honestly, it circles back to [01:05:00] making a diagnosis when you have issues, because then cause the regenerative therapies.

Are a little bit selective about what one might be better for than another. So, you know, gone are the days when we just injected a joint with steroids, you know, now we might opt

to do, you know, PRP versus, you know, some different kind of thing. So that's a, that's a big one. I think there's a lot going on with the ulcer thing right now.

Um, just trying to get, uh, maybe a little bit of a better handle on the glandular disease. Cause we really don't understand that very well. Um, I did notice there's quite a bit in a P with Sue Dyson. Who's, uh, the British lameness guru. Um, and they're looking at a lot of the ISA grams for what signs you can see in a horse that's being written or in training that indicates in pain versus training issues.

I think we're getting better at that. I think trainers and writers are getting better at recognizing that, I mean, [01:06:00] horses are, are basically really generous animals and when they start. Being resistant. They're not just being bad. They probably have a reason. So she's doing a lot of work with, um, trying to come up with ways that we can recognize that a little bit better.

Um, and then there are always all the updates. I mean, Cushings and insulin resistance continues to be just a huge topic, um, because we're all taking care of those older horses. And I don't know what other really new and exciting things there are. Cause I haven't looked for next year. At least what's coming well.

Sure. That once you have a chance to look over everything, we'll find some really good topics to go over for 2021. Um, you always come up with some amazing ideas and topics for the magazine and, and digitally and. You know, we're so thankful to have you as a resource because you know, Mikayla and I definitely are involved in the horse industry and we can, you know, think of some, [01:07:00] some topics that are close to our heart when it comes to owning horses and, and veterinarian needs.

But, um, it's so great having you be able to bring us all these new ideas and just, eh, you know, advances in medical practice and you know, the things that we're learning year after year. Yeah, it's always fun to, and I that's one of the things actually, that's one of the reasons I enjoy writing and doing that articles is because it kind of forces me to stay current and look at the research research.

And, and one of the big things that we're dealing with here that another one to mention is the impact of the vitamin E stuff. That there's some really good research going on with that. And we were involved in a study with Oregon state. Um, so I don't know if it's been published yet. Um, but just looking at vitamin D levels in horses.

So that's another. Interesting one. We'll see how, how that goes. It's good to stay on top of things, for sure. Yeah. And like Nicole said, we're excited to see what you have come forward with 2021 and what we can [01:08:00] put within the magazine. And as always, we're excited to work with you. So thank you so much, Barb, for being able to hop on and join us today and talk about all the things.

Equine medicine. Yeah, no problem. It's been fun. Thank you guys for tuning in to the ride podcast. We hope you enjoyed this episode and please be sure to subscribe wherever you listen to podcasts, follow horse and rider magazine on social media and

pinus@horseandrider.com. If you guys have any questions or comments, please be sure to hit us up@horseandriderataimmedia.com.

We want to hear from you guys, and if you wipe what you're listening to be sure to leave us a review on iTunes. How many stars McKayla five stars, please. [01:09:00]