

# Annual oral exams for horses important

Now that the snow is gone, and the sun is starting to show its face, it's time to take a look at our horses and get them ready for riding. One of the most important parts of that preparation involves an oral exam.

Most horse owners would agree that the older gelding that lost some weight over the winter should definitely have his mouth examined. But what about the four-year-old prospect you are planning to put many saddle hours on this summer? She's so young, how could she need an oral exam already?

Oral exams and dentistry are important for horses of all ages. Though our pocket books may wish that they didn't, horses eat for a living. They consume copious amounts of roughage in the form of grass and hay, then chew in a specific patterned motion to break that roughage down into small pieces.

Those small pieces then ferment in your horse's distal gastrointesti-



**GUEST COLUMN**

Michelle Janik

nal tract to provide the nutrients he needs. Maintaining proper chewing and grinding action of the teeth is one major component to maintaining gut health and preventing colic, choke, stomach ulcers and weight loss.

Young horses especially benefit from frequent oral exams, as their mouths are changing rapidly in the first five years of their life. Oral exams should begin with the newborn foal to evaluate for congenital deformities and malocclusions (poor tooth alignment) that might affect that foal's need for dental monitoring throughout its life.

As a young horse loses her deciduous (baby) teeth, her mouth and

chewing pattern can change. Yearly oral exams identify problems in a young horse's mouth early and allow for moderate correction where needed to re-establish a normal grinding surface. Your veterinarian will also check for wolf teeth, which can be removed to prevent interference with the bit and allow your veterinarian to shape a bit seat.

In the middle-aged horse, a yearly oral exam can identify sharp points along the cheeks and tongue that if left unidentified can cause severe ulceration to the soft tissue of the horse's mouth. Your veterinarian will be on the lookout for periodontal disease (infection and inflammation of the ligaments that anchor the teeth into the jaw) that could lead to tooth compromise and loss.

They will also be checking for waves and hooks that indicate uneven wear of the teeth. This uneven wear can compromise the innate grinding pattern your horse uses to

break down the roughage it eats all day, every day.

Oral exams in the older horse are important to identify all of the issues already discussed but also necessary to identify compromised, infected or fractured teeth that may need to be removed. Your veterinarian will also examine your horse's mouth for overgrowth of individual teeth where the opposing tooth was damaged or lost.

This overgrowth results from the tooth not being able to grind against the opposing tooth during mastication. Too much of this overgrowth can severely compromise the normal grinding pattern and your horse's ability to chew.

Though the current recommendation from the American Association of Equine Practitioners is that your horse would benefit from a yearly oral exam to monitor his teeth, there are some signs that you should be on the look-out for that could indi-

cate an existing oral problem. These signs include: biting issues, head tossing under saddle, weight loss, quidding (dropping wads of partially chewed roughage while eating), dropping grain while eating or abnormal grinding pattern when you observe your horse eating at the feed bunk.

Call your veterinarian to set up your horse's annual oral exam before riding season is in full swing. The annual exam is an excellent opportunity to collaborate with your veterinarian and create a plan for your horse's current and future oral health.

*Michelle Janik graduated from Oregon State University's College of Veterinary Medicine in 2016 and is an associate veterinarian at Enterprise Animal Hospital Inc. She enjoys meeting and providing veterinary care for all creatures, but has a special love for all large animals.*

## IN BUSINESS: BRIEFS

### Henderson Inc. receives contract

Henderson Logging Inc. of Wallowa has received a contract to perform work on Forst Road 41 (Lick Creek Road) in western Oregon. Crews will replace 16 culverts and remove three cattle guards along the road beginning April. The contract also calls for resurfacing nearly 15 miles of the road. The project is expected to be completed by June 16.

### Job numbers on the rise in county

Things are looking up for those in Wallowa County looking for jobs.

According to the State of Oregon Employment Department, the county added an estimated 90 jobs in the period February 2016-17.

The private sector increased by 609 jobs, led by gains in wholesale and retail trade and financial activities. Twenty jobs were added in the information and professional and business services sector. The public sector added 30 jobs with gains in federal, state and local government.

Wallowa County tied for third among Oregon's 36 counties for best over-the-year improvement.

## Hospital wins 'Blue Zones' honor

Wallowa Memorial Hospital has been named a Blue Zones Project Approved Worksite by Blue Zones Project Oregon. The honor was celebrated in a private reception April 4.

Blue Zones Project Oregon is a statewide well-being improvement program aimed at making the healthy choice the easy choice in workplaces and communities.

"It's huge for this hospital and for this community, and Blues Zones Project has offered a lot of resources to help with our employee wellness programs," said Margaret Lamm, director of nutritional services at the hospital and a member of the CommitToBeFit wellness

committee.

Blue Zones Project Oregon recognized Wallowa Memorial Hospital for its commitment to a growing list of wellness programs and policies that include plant-based options in its cafeteria, a quiet space for staff to downshift, workstations that allow sitting or standing, walking programs with incentives to participate and free annual biometric screenings. When Blue Zones Project representatives came to the hospital to present the award, they offered a series of workshops to help employees identify their unique gifts and life's purpose.

"The Blue Zones philosophy addresses all aspects of well-being, including mental, social, physical, nutritional and spiritual," said Wallowa Memorial Hospital human resources director Linda Childers, also a member of the CommitToBeFit wellness committee, who



Courtesy Kari Carper

Members of the Wallowa Memorial Hospital wellness committee, from left, Gwen Thomas, Margaret Lamm, Linda Childers, Erica DeWeber and Chantelle Johnson, hold the framed certificate earned from the Blue Zones Project.

spearheaded the application process to earn Blue Zones Project Approved status.

"Wallowa Memorial Hospital has an impressive dedication to employee as well as community health and well-being and this takes their

already strong wellness program to the next level," said Aaron Patnode, Blue Zones Project Oregon executive director. "Together with lead funder Cambia Health Foundation and in support of the Oregon Healthiest State Initiative, our goal is to transform the settings that influence people's day to day health. When worksites like Wallowa Memorial Hospital get involved, the benefit to employees is profound."

Wallowa Memorial Hospital's wellness program was established in 2007 and has continued to grow.

"This designation as a Blue Zones Project Approved Worksite is a validation of all the work that's gone into promoting healthy lifestyle choices to our employees," said hospital CEO Larry Davy.

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- CLUES ACROSS**
- Winter melon
  - Solar energy particles (abbr.)
  - Requiring fewer resources
  - Nest
  - Name
  - Actress Vergara
  - Very near in space or time
  - Authorized program analysis report
  - Spoken in Vietnam
  - Brews
  - Drops
  - Last or greatest in an indefinitely large series
  - Congo capital
  - Soldier
  - Bronx Bomber
  - Argon
  - Open
  - Popular sandwich
  - Protect from danger
  - Goddess of spring
  - Large hole
  - Vegetarians won't touch it
  - Actress Neal
  - Finger millet
  - Small waterfalls
  - Israeli city
  - Most gummy
  - NFL owner Snyder
  - Spindles

- CLUES DOWN**
- Italian Lake
  - Cuckoos
  - Sound unit
  - Doctors' group
  - The cutting part of a drill
  - A team's best hurler
  - Couches
  - Muslim ruler
  - Round globular seed
  - A way to confine
  - Men wear it
  - Chinese province
  - Soup cracker
  - Expression of disappointment
  - West Chadic languages
  - Midway between south and southwest
  - An opal
  - Main artery
  - Junior's father
  - Sierra Leone dialect
  - Cyrillic letter
  - Native American tribe
  - Passes
  - Most unnatural
  - Insecticide
  - Blatted
  - Actress Fox
  - Actresses Kate and Rooney
  - Outside
  - The habitat of wild animals
  - Days falling in the middle of the month
  - Radioactivity unit
  - Certified public accountant
  - Swiss river
  - Sino-Soviet block (abbr.)

**Church Directory**

**Church of Christ**  
502 W. 2nd Street • Wallowa  
541-398-2509  
Worship at 11 a.m.  
Mid-week  
Bible Study 7 p.m.

**St. Patrick's Episcopal Church**  
100 NE 3rd St., Enterprise  
NE 3rd & Main St  
541-426-3439  
Worship Service  
Sunday 9:30am

**St. Katherine's Catholic Church**  
Fr. Francis Akano  
301 E. Garfield Enterprise  
Mass Schedule  
Tues-Fri 8:00 am  
Saturdays 5:30pm Sundays 10:30am  
(541)426-4008  
stkatherinecenterprise.org  
St. Pius X Wallowa Sundays 8:00am  
All are welcome

**Summit Church**  
Gospel Centered Community  
Service time: 10:30 am  
Cloverleaf Hall in Enterprise  
Pastor Mark Garland  
www.summitchurchoregon.org

**Joseph United Methodist Church**  
3rd & Lake St. • Joseph  
Pastor Cherie Dearth  
Phone: 541-432-3102  
Sunday Worship Service  
10:00 am  
JosephUMC.org

**Faith Lutheran Church**  
409 W. Main  
Enterprise, Oregon  
Worship 2nd & 4th Sundays - 2 pm  
Bible Study  
2nd & 4th Thursdays - 11 am  
LCMS  
(Lutheran Church Missouri Synod)

**Enterprise Christian Church**  
85035 Joseph Hwy • (541) 426-3449  
Worship at 9 a.m.  
Sunday School at 10:30 a.m.  
Evening Worship at 6 p.m.  
(nursery at A.M. services)  
"Loving God & One Another"  
David Bruce, Sr. - Minister

**Christ Covenant Church**  
Pastor Terry Tollefson  
Church Office: 541-263-0505  
Family Prayer: 9:45am  
Sunday School: 10am  
Worship Service: 11am  
723 College Street  
Lostine

**Lostine Presbyterian Church**  
Discussion Group 9:30 AM  
Worship Service 11:00 AM  
Childrens program during service  
Blog: dancingforth.blogspot.com  
541.398.0597  
Hwy 82, Lostine  
Stephen Klierwer, Minister

**Enterprise Community Congregational Church**  
The Big Brown Church  
with an open door  
Pastor Archie Hook  
Sunday Worship 11am  
Bible Study 9:30am  
Ark Angels Children's Program  
Ages 4-6th grade, 11am  
Nursery for children 3 & under  
301 NE First St. • Enterprise, OR  
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**Wallowa Assembly of God**  
606 West Hwy 82  
Wallowa, Oregon  
541-886-8445  
Sunday School • 9:30  
Worship Service • 10:45  
Pastor Tim Barton  
wallowaassemblyofgod.com

**Seventh-Day Adventist Church & School**  
305 Wagner (near the Cemetery)  
P.O. Box N. Enterprise, OR 97828  
541-426-3751 Church  
541-426-8339 School  
Worship Services  
Sabbath School 9:30 - 10:45 a.m.  
Worship Hour 11:00 a.m. - Noon  
Pastor Jonathan DeWeber

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