

# 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 Worksites 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 Worksites 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**

1. Winter melon
7. Solar energy particles (abbr.)
10. Requiring fewer resources
12. Nest
13. Name
14. Actress Vergara
15. Very near in space or time
16. Authorized program analysis report
17. Spoken in Vietnam
18. Brews
19. Drops
21. Last or greatest in an indefinitely large series
22. Congo capital
27. Soldier
28. Bronx Bomber
33. Argon
34. Open
36. Popular sandwich
37. Protect from danger
38. Goddess of spring
39. Large hole
40. Vegetarians won't touch it
41. Actress Neal
44. Finger millet
45. Small waterfalls
48. Israeli city
49. Most gummy
50. NFL owner Snyder
51. Spindles

**CLUES DOWN**

1. Italian Lake
2. Cuckoos
3. Sound unit
4. Doctors' group
5. The cutting part of a drill
6. A team's best hurler
7. Couches
8. Muslim ruler
9. Round globular seed
10. A way to confine
11. Men wear it
12. Chinese province
14. Soup cracker
17. Expression of disappointment
18. West Chadic languages
20. Midway between south and southwest
23. An opal
24. Main artery
25. Junior's father
26. Sierra Leone dialect
29. Cyrillic letter
30. Native American tribe
31. Passes
32. Most unnatural
35. Insecticide
36. Blatted
38. Actress Fox
40. Actresses Kate and Rooney
41. Outside
42. The habitat of wild animals
43. Days falling in the middle of the month
44. Radioactivity unit
45. Certified public accountant
46. Swiss river
47. Sino-Soviet block (abbr.)

# Church Directory

<p><b>Church of Christ</b></p> <p>502 W. 2nd Street • Wallowa 541-398-2509</p> <p>Worship at 11 a.m. Mid-week Bible Study 7 p.m.</p>	<p><b>St. Patrick's Episcopal Church</b></p> <p>100 NE 3rd St., Enterprise NE 3rd &amp; Main St</p> <p> 541-426-3439 Worship Service Sunday 9:30am</p>
<p><b>St. Katherine's Catholic Church</b></p> <p>Fr. Francis Akano 301 E. Garfield Enterprise</p> <p><b>Mass Schedule</b> 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</p>	<p><b>Summit Church</b></p> <p>Gospel Centered Community Service time: 10:30 am Cloverleaf Hall in Enterprise Pastor Mark Garland www.summitchurchoregon.org</p> <p></p>
<p><b>Joseph United Methodist Church</b></p> <p>3rd &amp; Lake St. • Joseph Pastor Cherie Dearth Phone: 541-432-3102 Sunday Worship Service 10:00 am</p> <p>JosephUMC.org</p>	<p><b>Faith Lutheran Church</b></p> <p>409 W. Main Enterprise, Oregon</p> <p>Worship 2<sup>nd</sup> &amp; 4<sup>th</sup> Sundays - 2 pm</p> <p>Bible Study 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursdays - 11 am LCMS (Lutheran Church Missouri Synod)</p>
<p><b>Enterprise Christian Church</b></p> <p>85035 Joseph Hwy • (541) 426-3449</p> <p>Worship at 9 a.m. Sunday School at 10:30 a.m. Evening Worship at 6 p.m. (nursery at A.M. services)</p> <p>"Loving God &amp; One Another" David Bruce, Sr. - Minister</p>	<p><b>Christ Covenant Church</b></p> <p>Pastor Terry Tollefson Church Office: 541-263-0505</p> <p><b>Family Prayer: 9:45am</b> <b>Sunday School: 10am</b> <b>Worship Service: 11am</b></p> <p>723 College Street Lostine</p>
<p><b>Lostine Presbyterian Church</b></p> <p>Discussion Group 9:30 AM Worship Service 11:00 AM Childrens program during service Blog: dancingforth.blogspot.com</p> <p>541.398.0597 Hwy 82, Lostine Stephen Kliever, Minister</p>	<p><b>Enterprise Community Congregational Church</b></p> <p><b>The Big Brown Church with an open door</b> Pastor Archie Hook Sunday Worship 11am Bible Study 9:30am Ark Angels Children's Program Ages 4-6th grade, 11am Nursery for children 3 &amp; under 301 NE First St. • Enterprise, OR Find us on Facebook! 541.426.3044</p>
<p><b>Wallowa Assembly of God</b></p> <p>606 West Hwy 82 Wallowa, Oregon 541-886-8445</p> <p><b>Sunday School • 9:30</b> <b>Worship Service • 10:45</b> Pastor Tim Barton wallowaassemblyofgod.com</p>	<p><b>Seventh-Day Adventist Church &amp; School</b></p> <p>305 Wagner (near the Cemetery) P.O. Box N. Enterprise, OR 97828 541-426-3751 Church 541-426-8339 School</p> <p><b>Worship Services</b> Sabbath School 9:30 - 10:45 a.m. Worship Hour 11:00 a.m. - Noon Pastor Jonathan DeWeber</p>

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