

CUSHING'S AND INSULIN RESISTANCE COURSE OUTLINE

by

Eleanor M. Kellon, VMD

Week One – Normal Functioning

- I. The pituitary
- II. The adrenal gland
- III. The pancreas and insulin
- IV. Weight gain and loss

Week Two – Obesity

- I. The purpose of fat
- II. Body condition scoring
- III. Calorie counting
- IV. Health effects of obesity

Week Three – Insulin Resistance

- I. The thrifty gene theory
- II. Insulin resistance versus diabetes
- III. Starving cells
- IV. Special considerations for ponies and miniatures.
- V. Diagnostic tests

Week Four – Cushing's Disease

- I. Causes
- II. What goes wrong
- III. The link with insulin resistance
- IV. Diagnostic tests

Week Five – Laminitis

- I. Theories of laminitis
- II. Outward signs
- III. X-ray changes

Week Six – Secondary Effects

- I. The immune system
- II. Is the thyroid involved?
- III. Bone health
- IV. Anemia
- V. Urination

Week Seven – Treatment of Cushing's Disease

- I. Drugs
- II. Role of diet
- III. Avoiding stress
- IV. Seasonal influences
- V. Anhidrosis or hyperhidrosis

Week Eight – Treatment of Insulin Resistance

- I. No magic bullets
- II. Diet is key
- III. Understanding carbohydrates
- IV. Role of vitamins and minerals, iron overload
- V. Hyperlipemia
- VI. Pregnancy and the IR mare
- VII. Influence of weather
- VIII. Exercise

Week Nine – Treatment of Laminitis

- I. When is it hopeless?
- II. Acute treatment
- III. The abscess phase
- IV. If pain becomes chronic
- V. Helpful supplements
- VI. Hoof care

Week Ten – Returning to Work

- I. When can work restart after laminitis?
- II. Type of work, when to stop
- III. Adapting the diet
- IV. Long term maintenance, does IR go away?