

# Polysaccharide Storage Myopathy "PSSM" or "EPSM"

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## Recommend:

1. Low carb/high fat diet- no grain
2. Fat and Omega 3 Fatty Acids  
Corn oil not recommended- high in omega 6 fatty acids

## Platinum Performance Products

For the muscle sore horse we used to recommend Platinum Equine Wellness 2 to 4 scoops a day for a 1000 pound horse and a 1/4 cup Healthy weight oil once or twice a day.

OR- Renew powder and paste has been getting rave reviews for PSSM horses giving the supplement within 2 hours pre-performance and/or 1 hour post-performance. Adding the Healthy Weight Oil is a must or another high quality omega 3 fat along with the Renew.

Recommend- either flax, canola, soybean oil or combo (more Omega 3 fatty acids)

- If use flax oil - max 1 cup daily flax oil + 1 cup soybean or canola oil
- If use soybean or canola- 2 cups daily (split up into 2 feedings)

Other alternative fat sources-

- Healthy Weight by Platinum Performance- 1/3-1/2 cup daily (it is a flax oil and vitamin E supplement)- more pricey - can order through clinic or online.
- Re-Leve by Kentucky Equine Research- feed specifically designed for horses with PSSM

3. Vitamin E - 4000-5000 IU daily

(note- if using Healthy Weight- don't need additional vitamin E supplement), ReLeve has some vitamin E- check label

4. Daily/ regular turn out

5. After any period of extended rest (ex. summer off)- slowly resume exercise program

6. Acetyl carnitine supplement- can order from [www.mybesthorse.com](http://www.mybesthorse.com)

Dose is 1gram/100lbs daily.

7. There is also a DNA test available from University of Minnesota Neuromuscular Diagnostic Lab- genetic testing of mane/tail hair roots- easy to and not very expensive if you want to determine if there is a genetic component. (broodmare or stallion)