

A Mare's Udder Tumor and Chia

The second test horse in the Chia trial was a 13 year old mare prone to sporadic colic episodes believed to be from a slight twist in her intestines, possibly in the caeum (per the vet).

In 2005, this mare had surgery to remove a tumor on her udder by a highly respected equine surgeon in Iowa. An initial examination showed a tumor about the size of a human thumb, but while in surgery, the vet discovered a larger mass of “fingers” radiating from the core and removed a larger section than first anticipated. The tumor was benign.

Within six months, the tumor returned and regained its pre-surgery size (about $\frac{3}{4}$ inch wide x $1\frac{1}{2}$ inches long). Several veterinarians checked the tumor over the next few years and suggested watching it for an increase in size. If the tumor grew, there were options like surgery again or injections.

In November of 2010, the mare was given four ounces of Chia (purchased from AZ Chia) daily along with her regular diet in an attempt to prevent or decrease colic episodes and help with any remaining ulcer remnants, but it was about to provide an unexpected benefit.

In May 2011, during a routine inspection of her udder, the tumor showed a significant decrease in mass. The width was about the size of an eraser on #2 lead pencil and about $\frac{3}{4}$ of an inch long. Exciting indeed!

By September 2011, there was only small scar tissue left from the previous surgery. This mare is currently maintained on approximately two ounces of Chia along with her regular diet. The colic episodes have decreased, but not eliminated and without scoping, there is no real way to tell if her ulcers are healed, but she acts like it. Her digestive system seems to “work” better and she is cycling regularly again—another unexpected side effect.

Bear in mind that once again this was not a controlled study, but rather anecdotal, and one must take into account that each horse is an individual and may or may not react in the same manner. Controlled studies need to be done, of course; however, the ramifications could be enormous.

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