

FIBROMIALGIA EN CABALLOS: UNA ENFERMEDAD DESCONOCIDA

La fibromialgia es una enfermedad importante en el hombre, pero a menudo mal diagnosticada. Lo mismo es verdad para los caballos: muchos veterinarios ni siquiera saben que esta enfermedad existe. En este excelente resumen, los signos clínicos están enumerados.

El síndrome de fibromialgia equina (EFMS) es uno de los grandes retos diagnósticos.

En humanos, los síntomas pueden incluir dolor muscular, tendones y ligamentos dolorosos, alteraciones gastrointestinales, dolor de cabeza, trastornos del sueño y fatiga.

Teorías acerca de la causa o causas, van desde trauma, agente infeccioso, lesión del sistema nervioso hasta alteraciones en el metabolismo muscular.

Síntomas:

Los caballos con EFMS podría exhibir problemas autoinmunes, déficit microcirculatorios, problemas en los nervios craneales, desequilibrios endocrinos, fatiga crónica generalizada, o una combinación de las estas alteraciones. Un factor importante es que cada caballo u hombre pueden tener dos o tres síntomas, o tantos como 20.

Interesantemente, en los síndromes humanos o equinos, un componente fúngico existe bien como secuela o como causa de la enfermedad.

Los problemas autoinmunes van de una gama de artritis inmunomediada a neuritis inmunomediada.

A menudo, articulaciones con lesiones previas estarán afectadas más significativamente, además el caballo puede exhibir signos de dolor generalizado. Se debería sospechar de alguna cojera pasajera que pasa de miembros anteriores a posteriores, o de un lado a otro.

Tropiezos, caídas, dificultad para levantarse o cambio de aplomos en el medio galope, intentos de sobrepasar desiguales o inclinación sobre el suelo, o dificultad para mantenerse levantado son quejas comunes para el herrero. El propietario podría notar al caballo una lucha para subir o bajar la rampa del remolque.

Fuente: Brenda Bishop (2003): Fibromyalgia cases trickling into practice. In: DVM Newsmagazine Oct 1, 2003; www.dvmnewsmagazine.com/dvm/

TEXTO ORIGINAL EN INGLÉS

FIBROMYALGIA IN HORSES: AN UNKNOWN DISEASE

Fibromyalgia in men is an important but often misdiagnosed disease. The same is true for horses: many veterinarians do not even know that this disease exists. In this excellent summary, clinical signs are listed.

Equine fibromyalgia syndrome (EFMS) is one of the big diagnostic challenges.

According to the American College of Rheumatology, up to 6 million Americans suffer from fibromyalgia syndrome, yet there are no diagnostic tests to confirm its existence. In humans, symptoms can include muscle aches, painful tendons and ligaments, gastrointestinal discomfort, headaches, sleep disturbances and fatigue.

Theories about the cause or causes range from trauma to an infectious agent to central nervous system injury to alterations in muscle metabolism.

Symptoms

EFMS horses might exhibit autoimmune problems, micro-circulatory deficits, cranial nerve problems,

endocrine imbalances, generalized chronic fatigue or a combination of these conditions. An important fact is that an individual horse or human can have two or three symptoms or as many as 20.

While most aspects of human fibromyalgia syndrome and EFMS are identical, the equine athlete will demonstrate more extreme symptoms when an already compromised immune system is stressed during work. Interestingly, in both human and equine syndromes, a fungal component exists either as a sequela or as a cause of the disease.

Autoimmune problems run the gamut from immune-mediated arthritis to toxicity to immune-mediated neuritis.

Often, previously injured joints will be most significantly affected, although the horse may exhibit signs of overall body soreness. Any transient lameness that shifts from fore legs to hind legs or from side to side should be suspect.

Immune-mediated neuritis can manifest itself as stringhalt or shivers or both (analogous to human restless leg syndrome.) Chronic obstructive pulmonary disease (COPD) can be a component of the autoimmune response, often accompanied by parotid salivary gland enlargement (swollen glands), an occasional mucous nasal discharge, a non-productive cough, or a combination of these symptoms. The owner may report seasonal respiratory allergies that come and go.

Deficits in micro-circulation can lead to a multitude of problems, such as muscle deconditioning, hoof problems and skin infections. The racehorse with advanced EFMS and compromised alveolar function might exhibit exercise-induced pulmonary hemorrhage. Those individuals already hypersensitive to molds and fungi are prime candidates for developing asthma and COPD. Smooth muscle deconditioning can cause irritable bowel syndrome, leaky bowel syndrome, and their obvious sequelae (colitis and colic).

The most common cardiac muscle deficiency in humans is mitral valve prolapse; horses will sometimes develop a loud diastolic murmur with or without left ventricular enlargement. Hoof problems to consider are white line disease, chronic abscesses, petechial redness in white hoof walls, cracked insensitive laminae, and extreme sensitivity to hard ground. Poor tissue oxygenation and outward signs of toxicity go hand in hand: abnormal fat deposits at the base of the tail, a potbellied appearance, a dull greasy hair coat, and chronic fungal skin infections.

Many symptoms involving the cranial nerves get evaluated out of context and, hence, are never effectively treated. Hypersensitivity to touch (for example, bridles, insects, grooming tools, shampoos, fly sprays) can result in chronic head shyness. Add to this a hypersensitivity to non-contact stimuli (sound, light), and the stage is set for creating a head-shaker.

Any suggestion of facial neuritis should be a significant red flag. Horses have the unique ability to use cribbing as a mechanism for endorphin release and the resulting myofacial pain relief.

Evidence of anterior pituitary involvement is abundant.

Examples are extremely high or low estrogen, progesterone, or testosterone levels; excessive sweating; anhidrosis, adrenal exhaustion syndrome; chronic fatigue; and loss of equilibrium.

Stumbling, falling down, difficulty picking up or switching leads at the canter, tentative gaits over uneven or sloping ground, or difficulty standing still for the blacksmith are common complaints. The owner might notice the horse struggling to walk up or down the horse trailer ramp.

Source: Brenda Bishop (2003): Fibromyalgia cases trickling into practice. In: DVM Newsmagazine Oct 1, 2003; www.dvmnewsmagazine.com/dvm/

Fuente: <http://www.vetcontact.com/en/art.php?a=694>

Fuente: <http://www.portalveterinaria.com/modules.php?name=News&file=article&sid=2103>