

# Nutritional Myodegeneration (NMD)



## What is nutritional myodegeneration (NMD)?

- Also known as white muscle disease
- Occurs in newborn foals that do not receive enough selenium, an essential trace mineral with important antioxidant functions, from their dams
- Forage in many parts of the United States (particularly in the Northwest) is actually selenium deficient, which can lead to health issues, especially in foals.
- In adult horses, deficiencies of both vitamin E and selenium can occur; however, it is important to assess these nutrients independently.

### What you can do to keep your horse healthy:

- Selenium deficiency in foals is easy to prevent through appropriate supplementation of the mare's diet during pregnancy.
- Work with your veterinarian or equine nutritionist to adjust selenium levels, and discuss specific considerations for pregnant mares.

#### Signs

Muscle breakdown  
Difficulty swallowing  
Pneumonia

#### Transmission

Caused by selenium deficiency

#### Treatment

Injections of selenium & vitamin E  
Supportive therapies

*\*If your horse needs medical care, contact the Large Animal Clinic at (530) 752-1393.*



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