



Welcome to our final newsletter of the year ... and what a year!

COVID continued unabated and our industry plummeted into extremely hard times which will colour the next few months of 2022 without a doubt.

Remember, you are not alone, and we repeat the RABI helpline at the bottom of this newsletter.

Whatever the future holds, please make time to enjoy some festive joy.

Everyone at Garth & Integra wishes you a happy, safe Christmas – and a more prosperous New Year for all in the British Pig Industry.



Christmas Opening Hours

Garth Pig Practice

Christmas Opening Hours

24th December:

Office closes at 3pm. Out of hours phone cover.
Dispensary & Offices close 3pm.
Prescription cut off 12 noon

25th, 26th, 27th, 28th Dispensary & Offices Closed

29th & 30th December

Normal service.

31st December

Dispensary and Office closes at 3pm.
Out of hours phone cover.
Prescription cut off 12 noon.

Christmas Week - Van Deliveries

No change

w/c 28th Dec – Van deliveries a day later



Christmas Opening Hours Integra Veterinary Service

Close Friday 24th December at 3pm and re open on Wednesday 29th and close on Friday 31st December at 3pm and re open on Tuesday 4th January 2022.

Orders for Deliveries by Courier

Orders Received by	Orders Despatched	Orders Delivered
Fri 17 th Dec	Mon 20 th Dec	Tue 21 st Dec 2021
Mon 20 th Dec	Tues 21 st Dec	Wed 22 nd Dec 2021
Tues 21 st Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Wed 22 nd Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Thurs 23 rd Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Fri 24 th Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Wed 29 th Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Thurs 30 th Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022
Fri 31 st Dec	Tues 4 th Jan 2022	Wed 5 th Jan 2022

We would be very grateful if you could ensure that most orders that need to be couriered out to you, that we ideally receive these the 1st three weeks of December, as w/c 20th December our couriers may struggle to get orders to you the following day.

PLEASE NOTE THAT WE WILL NOT BE DELIVERING ON CHRISTMAS EVE AND NEW YEARS EVE, THEREFORE THE LAST DATE FOR COURIERED MEDICINES WILL BE TUESDAY 21ST DECEMBER 2021, OTHERWISE THEY WILL BE WEDNESDAY 5TH JANUARY 2022. WE COULD DO EMERGENCY ORDERS AND GET THEM DELIVERED 30TH DECEMBER IF ABSOLUTELY NECESSARY.

Orders for Pick up or delivered by Richard.

Orders Received by	Pick up/Delivered by Richard
Mon 20 th Dec	Tues 21 st , Weds 22 nd , Thurs 23 rd & Xmas Eve by 3pm
Tues 21 st Dec	Wed 22 nd Thurs 23 rd & Xmas Eve by 3pm
Wed 22 nd Dec	Thurs 23 rd & Xmas Eve by 3pm
Thurs 23 rd Dec	Xmas Eve by 3pm
Fri 24 th Dec	Weds 29 th , Thurs 30 th , or New Years' by 3pm
Wed 29 th Dec	Thurs 30 th or New Years' Eve by 3pm
Thurs 30 th Dec	New Years' Eve by 3pm
Fri 31 st Dec	Tues 4 th Jan 2022

All orders will resume normally from Tues 4th Jan 2022.



Well Done!

A special mention for these ladies, Vicky and Kate Morgan (and Rachel, not pictured), who received well-deserved recognition at the National Pig Awards for their tireless efforts to raise awareness of the industry's current plight and promote British farming.



Remind all to [-#biteintobritish](#).

The Gut Microbiome? How Important Is It?

The gut is one of the most important organs in the pig. It allows the pig to digest and absorb nutrients and energy from the food and water that it consumes. The energy and nutrients consumed go on to help the pig grow, keep warm and fight off infections, meaning it is very important that we maintain good gut health.

The gut isn't just an organ which takes in food and expels waste. It is also the home to a wide variety of bacteria, the vast majority of which aid in the gut's digestion of feed and help protect it against infection by viruses, other bacteria and parasites. We call this the 'Gut Microbiome' and it is often forgotten about when treating pigs but is a key part of gut health.

The gut microbiome is incredibly sensitive to change, even a change in diet is enough to damage the bacteria present in it. This is why post-weaning diarrhoea is a common occurrence as the piglet moves from milk onto hard feed. The gut microbiome is unable to digest the new feed so some of the bacteria making it up die off, leaving it damaged and vulnerable to opportunistic bacteria establishing themselves and causing disease – common examples include *E. coli* and *Salmonella*. This is amplified by the stress felt by the pig as it is weaned, the subsequent reduction in immune function and loss of feed intake all stacks leading to PWD and the sudden reduction in daily live weight gain. The microbiome will eventually adapt and heal however usually not before these opportunistic bacteria establish themselves.

The microbiome protects the gut from opportunistic bacteria through competition for space and nutrients. This restricts their numbers so they are unable to colonise the gut and cause disease. Bacteria like *E. coli* require a certain number of individuals in order to begin the disease processes; i.e. toxin production, and cause clinical disease.

The microbiome also helps the gut in other ways. It not only aids in gut structural development on a cellular level but also of the

guts immune system. Being continually exposed to a high number of bacteria stimulates the immune system, increasing the presence of immune cells and antibodies in the gut allowing it to respond more efficiently when opportunistic bacteria invade. Lastly having a lower number of opportunistic bacteria present in the gut; due to competition previously mentioned, leads to immunity developing specifically for those bacteria. This is the same idea behind our usage of vaccines, in order to prime the immune system so if any do begin to colonise the gut it is able to respond quickly in kind.

So, a healthy microbiome is definitely a key aspect in maintaining gut health. There are many ways in which it can be easily damaged including unnecessary antibiotic usage, sudden dietary changes and high environmental bug burdens. However, there are also ways in which we can help promote good gut health in our piglets whether through simple changes to management, correct cleaning and disinfection protocols or feed additives like probiotics and acids. The main takeaway is that in order for your pigs to grow to their maximum potential we shouldn't just be looking after the pigs themselves, but also the bacteria which make up their gut microbiome. Remember that any post-weaning diarrhoea or poor growth should be discussed with your vet.

Meet The Team

For our Christmas edition we would like you to meet Jonathan Riley – or just “Jon” as he likes to be known.

Hello, my name is Jon. I joined the Garth team back in May 2021 and I work as an accounts assistant, dealing with Sales and Purchase ledgers. I love the community we work within, and all of the people that contribute towards the team. Before I joined the Garth team, I worked as an Installation Sales Advisor. Outside of work, I have a great involvement within the Horse Racing Industry, which keeps my spare hours occupied. I also enjoy spending time with my Family and close friends'



If you, or anyone you know could benefit from talking to RABI, or request a call back from a councillor, the charity can be contacted on: **RABI 24-hour helpline: 0800 188 4444**

help@rabi.org.uk