



Horseback riding with a medical condition

Riding horses even when you have a chronic medical condition can still be safe and fun if you take a few precautions. First, always ride with a buddy! Some advice for common conditions include:

Blood thinners: Wear that helmet! Someone on blood thinners like Coumadin or Plavix are at increased risk for severe bleeding in the brain due to a fall.

Allergies: Riders with severe type allergic reactions (anaphylactic) where breathing could be compromised need to carry with them Benadryl and an Epi-pen. Epi-pen must have an MD prescription but if the rider's allergies are severe enough this can save someone's life. Let your buddy know of your allergies, and that you have medication in your fanny pack.

Diabetes: Keep your blood sugar meter with you to check your blood sugar. Also keep snacks in a back pack for quick access; high sugar snacks and glucose pills or gel if needed for battling episodes of very low blood sugars. Also for high blood sugar the rider will want to carry with them insulin that they are required to take; especially if out riding during or around meal times or on an extended trail ride.

For a free brochure on horseback riding safety, go to saddleupSAFELY.org or call 859-257-1000 or 1-800-333-8874.

