

1 The first ovulation of the breeding season in the mare: the effect  
2 of progesterone priming on pregnancy rate and breeding  
3 management ([hCG-response rate and number of services per](#)  
4 [cycle and mare](#))

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Con formato: Inglés (Reino Unido)

11  
12 **Abstract**

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14 The mare is a seasonally polyestrous breeder. In early spring, the mare enters a  
15 “transition period” between the anovulatory season and the first ovulation of the year.  
16 This period is characterized by irregular estrous cycles and high incidence of regressing  
17 dominant follicles. [There is a belief that pregnancy rates resulting from the first](#)  
18 [ovulation of the season is lower than in subsequent ovulations, however this has never](#)  
19 [been studied critically. There is the belief of that pregnancy rate in the first ovulation of](#)  
20 [the season is lower than in subsequent ovulations, however this has never been studied](#)  
21 [critically.](#) Progestagens are often used as an aid to manage ~~this difficult~~ [the transition](#)  
22 period. The objective of this study was to compare pregnancy rates of mares ~~in from~~  
23 first ovulation of the year with: a) mares ~~in on~~ their second or subsequent ovulations;  
24 and b) mares with progesterone-primed first ovulations. A total of 136 Thoroughbred  
25 mares were used in the study. The mares were classified into four groups: 1) mares

Con formato: Borde: Superior: (Sin borde), Inferior: (Sin borde)

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26 | mated ~~in-at~~ the first ovulation of the year (n = 46); 2) mares mated in the first ovulation  
27 | of the year after removal of a previously inserted progesterone device (CIDR) (n = 29);  
28 | 3) mares mated at the second or more ovulations of the year after prostaglandin-induced  
29 | estrus, (n = 50); and 4) mares mated after spontaneous return to estrus (n = 11).  
30 | Pregnancy rates were not different in any of the groups studied: 65.2, 75.9, 76 and 72.7  
31 | for groups 1 to 4 respectively (p > 0.05). Group 1 mares had the lowest response to hCG  
32 | treatment ~~and highest cross cover rate which resulted in the highest number of services~~  
33 | ~~per cycle~~ (p < 0.05). In conclusion, although the use of progesterone priming, ~~although~~  
34 | did not affect pregnancy rates, it did improve the breeding management of transitional  
35 | mares by enhancing the hCG response rate and consequently decreasing the number of  
36 | ~~eovers services~~ per cycle.

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38 | *Keywords:* Transition; Mare; Pregnancy rate; First ovulation; Progesterone

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## 41 | **1. Introduction**

42

43 | The mare is a seasonally polyestrous breeder characterized by cessation of cyclicity in  
44 | the autumn as daylight decreases. At the beginning of the breeding season, in early  
45 | spring, the mare enters a “transition period” between the anovulatory season and the  
46 | first ovulation of the year characterized by a resurgence of follicular activity, irregular  
47 | exhibition of estrous behaviour and resumption of secretion of gonadotrophins and  
48 | ovarian steroids (Ginther, 1992a).

49 | In practice this transition period is difficult to manage for the veterinarian and the stud  
50 | manager. ~~Often clients~~ Clients may pressure the stud manager to produce early foals,

51 | especially in the Thoroughbred industry. ~~Likewise~~ ~~Consequently~~ veterinarians are  
52 | pressured to have mares cycling, ~~ecovered~~ ~~mated~~ and ovulated early in spring which is  
53 | not yet the physiological breeding time. This pressure for early covers results in higher  
54 | number of services per mare and cycle (cross-cover rate) since it is difficult to predict  
55 | whether a follicle will ovulate or regress even for an experienced practitioner with or  
56 | without the use of ~~ovulatory~~ ~~ovulation-inducing~~ drugs. In a study on the efficacy of  
57 | hCG to hasten ovulation in transitional mares, the average time from hCG  
58 | administration to ovulation was 67.2 hours (Carnevale et al., 1989), ~~this is far from the~~  
59 | ~~average time which is nearly twice as long~~ in cyclic mares ( $36 \pm 4$  h) (Samper, 2008).  
60 | The increase in ~~eross~~ ~~cover rate~~ ~~the number of services per cycle and mare~~ results in  
61 | higher labour-cost for the ~~stud~~ ~~staff~~ ~~farm~~ and veterinarians and may reduce the  
62 | availability of ~~busy~~ ~~stallions~~ ~~with~~ ~~busy~~ ~~stud~~ ~~books~~.  
63 | Progestagens have been largely used to manage more reliably the transition period and  
64 | to advance the first ovulation of the year. Amongst others, progesterone-releasing  
65 | intravaginal devices have been ~~proved~~ ~~shown~~ to be reliable in both advancing the first  
66 | ovulation of the year (Newcombe, 2002) and reducing the number of ~~eross~~  
67 | ~~covers~~ ~~services per cycle and per~~ ~~mare~~ in the transition period (Newcombe et al., 2002).  
68 | About 50 % of the mare population develops one to three anovulatory waves with large  
69 | follicles ( $> 40$  mm) that regress before the ovulatory wave (Ginther, 1990). Anovulatory  
70 | large follicles are different from similar-sized preovulatory follicles ~~at several levels: for~~  
71 | ~~several reasons: First, the~~ magnitude of LH surge is lower during the anovulatory waves  
72 | and the first ovulation than in subsequent ovulations (Fitzgerald et al., 1984).  
73 | Anovulatory follicles grow at a slower rate (about 1 mm/day) and ~~may~~ reach larger  
74 | diameters than ovulatory follicles. Histologically, anovulatory large follicles express  
75 | fewer growth factors (IGF-I and II, Watson et al., 2004; VEGF, Watson and Al-ziabi,

76 2002) necessary for the ovulatory process. All these differences might account for the  
77 lower response rate to ~~ovulatory-ovulation-inducing~~ drugs during this period.

78 There is no scientific evidence in the mare whether pregnancy rate ~~in the following the~~  
79 first ovulation of the year is lower than in subsequent ovulations. In other species ~~of that~~  
80 ~~possess~~ reproductive seasonality, such as small ruminants, pregnancy rates following  
81 first estrus and ovulation are considerably lower ~~than in later ovulations~~ especially early  
82 in the anovulatory season, with subsequent shortened luteal phases in non-pregnant  
83 ewes and goats (Dawson, 2007; Keisler, 2007). Similarly, the first ovulation of cows  
84 following parturition in which ~~there was the basal~~ preceding progesterone concentration  
85 ~~was basal~~, is less fertile than subsequent ovulations (Shaham-albalancy et al., 1997).

86 The objective of this study was to compare pregnancy rates of mares ~~in with~~ the first  
87 ovulation of the year with: a) mares in their second or subsequent ovulations; and b)  
88 mares with progesterone-primed first ovulations.

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90

## 91 **2. Materials and methods**

92

### 93 *2.1. Animals*

94

95 All mares included in the study were resident to a stud farm in the southern hemisphere  
96 ([Victoria, 39 °S](#)). All animals were Thoroughbred and had no foal at foot (barren or  
97 maiden mares). Mares were kept ~~on in~~ large paddocks and were fed ~~on~~ hay, grass and  
98 cereal grain. Age was known for each mare. Mating within the same farm was by  
99 natural ~~cover service~~ to stallions of known fertility chosen by the owner.

100

101 2.2. Reproductive data

102

103 Ultrasonography of the reproductive tract was performed by transrectal examination  
104 with an ultrasound scanner equipped with a 7.5 MHz linear array probe. Examinations  
105 were performed with-on a daily basis starting 20<sup>th</sup> August. Reproductive data was used  
106 from 1<sup>st</sup> September to 1<sup>st</sup> December 2008. The following parameters were recorded:

107 - Stage of estrous cycle: a) anestrus: ~~frequent ultrasound examinations revealed~~  
108 ~~absence of ovulations with subsequent CL formation and follicles < 15 mm for~~  
109 ~~more than 15 days~~ absence of a CL or follicles > 15 mm in diameter for more  
110 than 15 days. Anestrous mares could either enter a transition period with  
111 development of one or more anovulatory follicular waves before the first  
112 ovulation of the season or develop directly an ovulatory follicular wave; b)  
113 cyclinge: spontaneous regression of a previously functional CL followed by  
114 estrus and ovulation (2<sup>nd</sup> or more ovulation of the season); c) PG: prostaglandin-  
115 F2alpha-induced regression of a previously functional CL followed by estrus  
116 and ovulation (2<sup>nd</sup> orf more ovulations of the year).

117 - Insertion of progesterone intravaginal devices: mares in anestrus with follicles  $\geq$   
118 25 mm (with or without endometrial edema) ~~but that~~ failed to progress to > 35  
119 mm within 4 days were administered 1.55 g of progesterone inas an intravaginal  
120 device (CIDR-B®, Pfizer Australia Pty Ltd. West Ryde, NSW, Australia) for 8  
121 to 12 days. Treatment failure was determined when no new follicle > 35 mm,  
122 estrus and endometrial edema developed within 5 days of device removal.~~No~~  
123 ~~response to treatment was considered when no new follicle > 35 mm, estrus and~~  
124 ~~endometrial edema developed within 5 days of device removal.~~

Con formato: Sangría: Izquierda:  
0,63 cm, Sangría francesa: 0,63 cm

Con formato: Numeración y viñetas

- 125 | - Number of services: only data ~~of mares mated first time in the season~~from the  
126 | first breeding cycle in the season (1<sup>st</sup> service pregnancy rate) was used in the  
127 | study.
- 128 | - Follicular diameter: diameter of the largest follicle at each examination was  
129 | recorded.
- 130 | - Interval from mating to ovulation (IMO): interval in days from the day of mating  
131 | to the day of detected ovulation~~ovulation~~ was recorded for each mare. If ~~the~~  
132 | ~~interval~~this was longer than 3 days ~~before ovulation was detected~~, the mare was  
133 | mated again. ~~(cross cover).~~
- 134 | - Pregnancy rate (PR): pregnancy diagnosis was performed ~~in-on~~ 3 occasions: 13,  
135 | 28 and 45 days post-ovulation. Pregnancy rate refers to whether the mare was  
136 | diagnosed positive at the first examination; whereas embryo loss rate (ELR)  
137 | refers to whether a pregnancy was lost at any of the subsequent examinations  
138 | (within 45 days).
- 139 | - Response to ovulation ~~induction~~ inducing drugs: All mares received 1500 IU  
140 | hCG (Chorulon®, Intervet Australia Pty. Limited, Bendigo East, VIC, Australia)  
141 | subcutaneously on the day of mating. Criteria for the use of hCG was based on  
142 | follicular diameter (> 35 mm) and moderate to heavy endometrial edema. The  
143 | percentage of mares ovulating within 48 h of hCG treatment was recorded.  
144 | ~~If~~Those mares which did not ovulate within 3 days; ~~they~~ were mated again and a  
145 | short acting implant containing 2.1 mg Deslorelin (Ovuplant, Peptech Animal  
146 | Health, Sydney, Australia) was implanted subcutaneously in the neck.  
147 | administered.

148

149 | *2.3. Post-mating protocol*

150

151 All mares were routinely infused with a combination of intra-uterine antibiotics ([6 ml of](#)  
152 gentamicin and [6 ml of](#) benzyl-penicillin) 24 h post-mating. Oxytocin (25 IU) was  
153 administered once intravenously 24 h after antibiotic infusion. Anestr~~ous~~ mares treated  
154 with progesterone were mated ~~at least~~[no earlier than](#) 48 h after device removal. All PG-  
155 induced mares were mated at least 6 days after prostaglandin [F2alpha](#) treatment.

156

#### 157 *2.4. Experimental design*

158

159 For data analysis, mares were classified into 4 groups: 1) mares mated ~~in~~[on](#) the first  
160 ovulation of the year (non progesterone-primed; n = 46); 2) mares mated ~~in~~[on](#) the first  
161 ovulation of the year after progesterone device removal (progesterone-primed; n = 29);  
162 and 3) mares mated ~~in~~[on](#) the second or ~~more~~[later](#) ovulations of the year after  
163 prostaglandin-[F2alpha](#)-induced estrus, (PG-induced, n = 50); and 4) mares mated after  
164 spontaneous return to estrus (Cycle, n = 11). For these four groups, statistical  
165 differences in PR, ELR, IMO, age and ~~cross cover rate number of services per cycle and~~  
166 ~~mare was ere tested analyzed~~ (Table 1).

167 In addition, for groups 1 and 2, differences in the interval from follicular diameter of 35  
168 mm to ovulation, follicular diameter of largest follicle at hCG treatment and percentage  
169 of mares ovulating within 48 h of hCG treatment were also statistically ~~tested~~  
170 [determined](#) (Table 2).

171 Finally, within group 1, differences in the factors stated above for pregnant and non-  
172 pregnant mares were ~~analysed~~[analyzed](#) (Table 3).

173

#### 174 *2.5. Statistical analysis*

175

176 Categorical data such as PR, ELR, % of mares ovulating within 48 h of hCG treatment  
177 and ~~cross cover rate~~ % of mares mated more than once at the same estrus were  
178 ~~analysed~~ analyzed by Chi-square or Fisher's exact test accordingly. Numerical data (age,  
179 IMO, interval 35 mm to ovulation and follicular diameter at hCG) were tested for  
180 normality and ~~analysed~~ analyzed with non-parametric (Mann-Whitney and Kruskal-  
181 Wallis) or parametric (one way ANOVA and two samples t-test) tests accordingly. All  
182 data were computed in the statistical software Minitab15®.

183

### 184 3. Results

185

186 First service pregnancy rate was not different ( $P > 0.05$ ) for any of the groups  
187 ~~analysed~~ analyzed: 65.2, 75.9, 76 and 72.7 % for groups 1 (1<sup>st</sup> ovulation), 2 (1<sup>st</sup>  
188 ovulation progesterone-primed), 3 (2<sup>nd</sup> or more ovulations of the season) and 4  
189 (spontaneous return to estrus) respectively. ~~The percentage of mares mated more than~~  
190 ~~once on the same estrus~~ ~~The number of covers per mare and cycle (cross cover rate)~~  
191 was higher ( $P = 0.04$ ) in group 1 (21.7 %, ~~10 mares out of 46 had to be mated more than~~  
192 ~~once on the same cycle~~) than in the rest: groups 2 (3.4 %, ~~1/29~~), 3 (4 %, ~~2/50~~) and 4 (0  
193 %, ~~0/11~~). The rest of reproductive parameters for groups 1 to 4 are shown in Table 1.

194 Progesterone-primed transitional follicles (group 2) had a higher ( $P < 0.01$ ) response  
195 rate to hCG than non-primed follicles (group 1): 93.1 % of group 2 mares ovulated  
196 within 48 h of hCG treatment as opposed to only 58.7 % in mares from group 1.

197 Follicles of group 1 mares took longer ( $P < 0.01$ ) to ovulate once they reached 35 mm  
198 (median interval 5 and 4 days for groups 1 and 2 respectively). ~~In spite of~~ ~~Despite~~ the  
199 use of ovulatory drugs at the time of mating, 3.3 % (1/30) and 8 % (4/50) of mares from



200 | groups 1 and 2 respectively regressed their dominant follicles and entered again a  
201 | variable period of follicular activity. One mare from group 2 did not respond to  
202 | progesterone treatment. It was notice that all mares inserted with CIDR presented at the  
203 | time of device removal some degree of vaginitis as evidenced by purulent vaginal  
204 | discharge around the used device. The vaginal discharge disappeared quickly which was  
205 | no longer evident by the day of mating 2 to 3 days later. All reproductive data for  
206 | groups 1 and 2 areis shown in Table 2.

207 | Follicles of group 1 mares that ended in fertile ovulations with subsequent conceptions  
208 | took significantly shorter ( $P = 0.04$ ) from 35 mm to ovulation (4 days) than those of  
209 | non-pregnant mares (6 days). The rest of parameters analysedanalyzed for pregnant and  
210 | non-pregnant mares within group 1 were not significantly different (Table 3).

211

#### 212 | **4. Discussion**

213

214 | The objectives of this study were to compare pregnancy rates of cyclic mares with those  
215 | of transitional mares in their first ovulation of the year from both spontaneous and  
216 | progesterone-induced ovulations. No significant difference was found amongst any  
217 | group; however, while the pregnancy rates in groups 2, 3 and 4 were very similar at  
218 | about 2.5 % difference, in the spontaneously ovulated group this was noticeably high by  
219 | anther 10 %. This difference may well have been significant had it been maintained in a  
220 | larger number of mares. ~~nonetheless~~In addition, mares with spontaneous 1<sup>st</sup> ovulations  
221 | had some-other differences with progesterone-primed mares that might have relevant  
222 | implications to fertility and breeding management. Such differences were lower  
223 | response rate to hCG, delayed ovulation and higher eross-cover-ratenumber of services  
224 | required per cycle and mare.

225

226 *4.1. Response rate to hCG*

227

228 It is widely assumed that following administration of 1500-3000 IU of hCG in mares  
229 with a dominant follicle > 35 mm, ovulation will occur within 36 to 48 h (on average 36  
230 h) post treatment in about > 80 % of treated cyclic mares. Although there is a certain  
231 variation in the response rate attributable to individual mare factors such as age, stage of  
232 estrus, ~~and~~ follicular diameter (Barbaccini, 2007; Samper, 2008) and, the most  
233 significant factor affecting the response rate to hCG, ~~is~~ the presence of anti-hCG  
234 interfering antibodies (Siddiquie et al., 2008). Apparently none of these factors seemed  
235 to be the reason why the response rate was significantly lower in group 1 (Table 2).  
236 Neither age nor follicular diameter were different in group 1 and 2, nor was the criterion  
237 for when to administer hCG. The barren/maiden ratio was not different either, so similar  
238 hCG ~~antibodies-antibody~~ level should be assumed. The decision on whether a mare was  
239 allocated to group 1 or 2 was entirely dependent on follicular activity: in most  
240 occasions, progesterone was given to mares with follicles of 25 to 30 mm that failed to  
241 progress to larger follicles or show prominent endometrial folding and estrus. In this  
242 regard it could be argued that this group of mares was ~~in-at~~ a less advanced stage within  
243 the transition phase than mares of group 1 which spontaneously developed larger  
244 follicles (35 to 40 mm) and showed clinical signs of estrus. ~~and therefore~~ Therefore,  
245 even a lower response rate would have been expected in progesterone-primed mares.  
246 ~~Peripheral LH concentration increases immediately after hCG administration in a~~  
247 ~~similar way that the pre-ovulatory LH surge observed in non-treated mares.~~ The LH  
248 surge, either in spontaneous ~~ovulations~~ or hCG-treated ovulations, triggers the cascade  
249 of events-by binding to the follicular wall LH-receptors- necessary for the ovulatory

250 process including the resumption of development of the oocyte from an arrested stage  
251 (Meiosis I) to the secondary oocyte (Meiosis II) (Ginther, 1992b).

252 Transitional follicles ~~somehow~~ might lack ~~of a~~ sufficient number of LH-receptors to  
253 respond to hCG at a similar rate ~~than to~~ progesterone-primed follicles. ~~However, at the~~  
254 ~~moment this is only a theory. Tat present~~ the hCG response rate ~~for this study~~ (% of  
255 ~~ovulated mares~~ mares ovulating within 48 h of hCG treatment) was 93.1 % for  
256 progesterone-primed mares and 58.7 % for non-progesterone treated mares ( $P < 0.01$ ).

257 In this regard, progesterone-treated mares of group 2 may have developed follicles  
258 under more physiological conditions ~~typical of~~ similar to those ~~in of~~ cyclic mares.

259 Progesterone releasing devices are designed to mimic the progesterone concentration  
260 ~~pattern~~ of the luteal phase. The mechanisms by which progesterone was able to make  
261 follicles more responsive to hCG remains to be elucidated.

262 The difference in hCG response rate between pregnant and non-pregnant mares of group  
263 1, 67.7 and 43.7 % respectively (Table 3) might also indicate some involvement of  
264 follicular LH receptors on oocyte quality and pregnancy rate provided that the interval  
265 from mating to ovulation and the number of services per cycle and mare in both groups  
266 was not statistically different. -

267 In an early study, pregnancy rate after equine pituitary extract (EPE) follicular  
268 stimulation and ovulation of mares in late anestrus / early transition was significantly  
269 lower than in non-treated mares that took longer to grow follicles and ovulate (Lapin  
270 and Ginther, 1977). ~~It seems that pregnancy rate following artificially induced~~  
271 ~~ovulations in mares too far from the physiological breeding season is disappointingly~~  
272 ~~low.~~

273

274 *4.2. Interval from 35 mm to ovulation*

275

276 | The lower response to hCG of follicles from group 1 ~~as when~~ compared with  
277 | progesterone-primed follicles may account, at least in part, for the longer interval  
278 | required by the follicle to ovulate. It is known however that transitional follicles grow  
279 | ~~slower more slowly~~ (about 1 mm a day) and ~~may~~ reach larger follicular diameters  
280 | before the 1<sup>st</sup> ovulation of the year than follicles of subsequent ovulations (Ginther,  
281 | 1990). This seems to be due to differences in LH concentration. As a result of a longer  
282 | interval to ovulation and lower response rate to hCG, group 1 mares had to be mated  
283 | more times per cycle than progesterone-treated or cyclic mares (Table 1). The resultant  
284 | increased cross-cover rate per cycle is undesirable for the stud management, busy  
285 | stallions and uterine health of mares susceptible to endometritis.

286 | In addition, delayed ovulation has been linked to reduced fertility and embryonic  
287 | abnormalities in the cow (for review see Inskeep, 2004). It appears that oocytes from  
288 | persistent follicles are subject to prolonged exposure of estrogens and LH resulting in  
289 | aged, infertile oocytes.

290

#### 291 | *4.3. Effect of progesterone levels during the follicular growth phase on pregnancy rate*

292

293 | Very little research ~~if some~~ has been done on the effect of progesterone levels during  
294 | the preceding follicular development on oocyte quality and pregnancy rate in the mare.

295 | The results of the present study showed ~~ed clearly~~ a better response rate to hCG and shorter  
296 | interval from 35 mm to ovulation of follicles developed under

297 | ~~progestagen~~progesterones influence. In cattle however, this phenomenon has been  
298 | studied in more depth (Shaham-Albalancy et al., 1997). Experimentally-induced low  
299 | (~~Shaham-Albalancy et al., 1997~~) or basal progesterone concentration (~~as seen during the~~

300 | preceding ~~stage to~~ the 1<sup>st</sup> ovulation in the post-partum cow) affected fertility in two  
301 | ways: 1) increasing concentrations of estradiol and LH during early follicular  
302 | development with a resultant earlier oocyte maturation; and 2) altering the endometrial  
303 | morphology with subsequent ~~increment~~ increase in secretion of ~~prostaglandin~~  
304 | PGF2alpha in response to oxytocin resulting in decreased fertility even though the  
305 | original oocyte was healthy ([Shaham-Albalancy et al., 1997](#)).

306

307 | In conclusion, treatment of transitional mares with intravaginal progesterone-releasing  
308 | devices has significant advantages in improving the breeding management during a  
309 | difficult time of the year for both the veterinarian and the stud manager. ~~this~~ This  
310 | improvement is mainly due to higher follicular response rate to hCG in progesterone-  
311 | primed mares. The only apparent disadvantage of using intravaginal progesterone  
312 | devices appears to be the purulent vaginal discharge found on device removal which  
313 | however only seems to be aesthetical since it does not negatively affect pregnancy rates.

314 | Secondly, the results presented here may be encouraging for researchers willing to study  
315 | the possible difference in oocyte quality between transitional and cyclic mares, the  
316 | involvement of circulating progesterone concentrations during the preceding follicular  
317 | development phase and its implications on fertility.

318

319

## 320 | **Acknowledgments**

321

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323 | the protocols of progesterone intravaginal devices in transitional mares.

324

325

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327

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- Con formato: Inglés (Reino Unido)
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- Con formato: Español (alfab. internacional)
- Con formato: Fuente: 12 pto

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