Light Health For Pet Birds

Exposure to natural and full-spectrum light is very important for the proper absorption and utilization of calcium in pet birds.

Margaret A. Wissman, DVM
Posted: March 29, 2011, 12:00 a.m. PST

Who doesn’t enjoy walking outside in the sunlight, feeling the warmth of the sun on our skin? You might not know that we are receiving a wonderful benefit from natural sunshine. Upon exposure to the ultraviolet portion (UVB) of sunlight, a complex set of biochemical reactions in the skin occur that result in the production of active vitamin D$_3$, also called the “sunshine vitamin.” This vitamin is very important for the proper absorption and utilization of calcium, which has many important functions in the body.

Most people spend enough time outdoors to benefit from the exposure to ultraviolet light; however, those who apply sunscreen every day to their exposed skin and the bed-ridden (or others who never spend any time outdoors) can suffer from hypovitaminosis D, or calcium-deficiency related diseases.

Now, think about our pet birds. Most pet birds spend all of their lives indoors, except for the occasional trip in a plexiglas carrier or covered travel cage to the vet or groomer. You might think that your pet bird receives adequate light exposure because it sits by a window and you often see it enjoying the warmth of the sun. However glass, plastic and even fine-mesh screening filters out most of the beneficial UVB rays of the sun.

There are two types of vitamin D: ergocalciferol, vitamin D$_2$, which is a plant derivative, and vitamin D$_3$, called cholecalciferol, which is produced in the bird’s body. Birds can produce vitamin D$_3$ in the skin or in sebaceous secretions when irradiated by ultraviolet light.

Reaping The Benefits Of Light

All pet birds should be allowed exposure to natural, unfiltered sunlight for about an hour or two per week, ensuring that they have access to shade and cool water and that the cage is predator- and escape-proof and with supervision.

If that is not possible, use a full-spectrum light that emits the UVB portion of the spectrum. This can be placed near the bird’s cage, safely away from inquisitive beaks and feet, yet close enough to provide the benefits of the ultraviolet light. Lights that mimic natural sunlight might not always be full-spectrum, so read the product information to ensure that the bulb emits UVB light. It pays to purchase a good-quality, name-brand light. Studies have shown that generic full-spectrum lights produce UVB light unpredictably for varying amounts of time. The light should be changed frequently, as recommended by the manufacturer. The light might appear to be functioning properly; however, the ultraviolet portion can peter out unbeknownst to you. Ultraviolet light is necessary for birds to produce the active form of vitamin D$_3$. Without vitamin D$_3$, pet birds are not able to properly utilize calcium, a mineral that is vital to bone health. Calcium is also important for the proper functioning of muscles, blood coagulation, electrical conduction of nerves and for egg production.

(Continued on page 3)
Meet Dr Yoko Tamura, DVM!

Dr. Tamura is a native of Japan. She spent four years of her childhood in Australia, where her interest in animals was sparked. Her family moved to California when she was fourteen years old, where she attended high school. She studied Animal Sciences at Cornell University, in New York, where she obtained her Bachelor of Science degree in 1994. She studied Veterinary Medicine at Colorado State University. She has been the owner of Capri Plaza Pet Clinic since 2006. Dr. Tamura is a member of the American Veterinary Medical Association, Southern California Veterinary Medical Association, Association of Avian Veterinarians, Association of Exotic Mammal Veterinarians, and Association of Reptilian and Amphibian Veterinarians.

Calendar of Events 2014

- March 21st - Club Meeting — Our special guest speaker is Dr Tamura! Do you have bird questions? Dr Tamura will answer them. DON'T MISS THIS MEETING—Birds are welcome at all our meetings!
- Join the fun.
- Remember to bring a dish to share OR leave a donation.

Thanks!

Please take an active role with the club. It's YOUR CLUB! If you would like to help at any of the events, contact Linda at 661-803-1416, lbuesching@thevine.com

Extra: Write an original article and have it published and receive $5 in free raffle tickets OR a St Patricks Surprise!

**Birds are welcome at our meetings, but please:**

- Bring “poop paper” for your bird’s use.
- Clean up after your parrot (poop and food).
- Do not allow your bird to roam around at will (on chairs, etc.) or get close to other birds.
- Clip those wings! Meeting hall doors may be open.
- Bio-security may be in place at the meeting entrance.
- Use antiseptic hand wipes before touching other birds—respect other parrots’ health.
- Birds brought to meeting must be healthy and not have been treated for illness for 30 days.
Female pet birds, especially those that are reproductively active, also benefit from exposure to UVB lighting to optimize their calcium utilization. Breeder birds housed indoors should be offered full-spectrum lighting that provides the UVB portion of the spectrum. This, along with a calcium-rich diet, helps prevent egg-related problems.

The uropygial gland, in addition to producing antibacterial/antifungal substances for the skin, waterproofing substances for feathers and other substances that help keep feathers moist and supple, also makes vitamin-D precursors, which are spread on the feathers during preening. When exposed to UVB light, these precursors are then converted to active vitamin D3, which is ingested during subsequent preening activity. It is because of the exposure to UVB light (either from natural sunlight or when provided by a light bulb that provides the UVB portion of full-spectrum lighting) that birds possessing an uropygial gland can properly utilize calcium. (The purple macaws and Amazons do not have an uropygial gland, so it is theorized that they rely on production of vitamin D3 in the skin only.)

Birds suffering from hypovitaminosis A (vitamin-A deficiency) might not be able to produce the correct vitamin-D precursors in the uropygial gland due to a condition called squamous metaplasia. Birds suffering from hypocalcemia should also receive beta-carotene as a supplement, in addition to offering the bird dark green leafy vegetables, as well as orange, red and yellow fruits and veggies. Beta-carotene is converted into active vitamin A in the body, and the unused portion is excreted unchanged, so it is much safer than providing a vitamin-A supplement, which can be toxic if overdosed.

Some birds might pluck out the wick feathers to the uropygial gland, making it difficult or impossible for the secretions to properly release from the gland. These birds might suffer from squamous metaplasia of the uropygial gland, as well. I have seen obstructed uropygial glands in some parrots where the little channels that deliver the secretions become occluded with the dried secretions, preventing their release. Hot-packing the area over the gland and gentle massage can help to unblock the channels, allowing the secretion to flow normally again.

There really is no adequate replacement for natural sunlight, but if this is not possible, you should provide your bird with a good-quality artificial light bulb that emits the ultraviolet portion of the spectrum.

**Sunburned Parrots?**

Can birds get sunburned? Yes! Over-exposure to direct sunlight (the ultraviolet portions of the spectrum: UVA and UVB) can cause sunburn on the unfeathered facial skin. Feather-plucked birds can also get sunburned skin on the areas with no feather covering, although I have not seen this occurring as frequently as sunburn of the face. The feet, covered with scales, are protected from most of the effects of sunburn. Mutations that cause a bird to be of a color palette that is not the natural “wild-type” color are more susceptible to the effects of the sun’s burning rays.

Studies have shown that beta-carotene can help prevent sunburn from the inside-out, as it might reduce UV-induced redness, and it appears to be somewhat helpful in reducing the risk in sensitive humans. This mechanism might help birds, as well.

Birds can also become sunburned from a full-spectrum light. My friends, Nina and David, have a darling Cape parrot, Griffin, that loves to bask up close to his full-spectrum light. One day, half of his facial skin turned bright red. We discovered that he got a sunburn from sitting too close to his new light.

As with people, sunburn should be prevented as much as possible, as the changes to the DNA in skin cells can eventually result in skin cancer, although this is not that common in birds as it is in people.

Interestingly, young birds housed outdoors, and therefore exposed to natural sunlight, often undergo the change in the color of their irises that occurs as they age much earlier than birds kept indoors.

**African Grey Health**

African parrots, including African greys, that are housed outdoors, and therefore exposed to natural unfiltered sunlight, rarely suffer from hypocalcemia (low blood calcium). Seizures are one sign of hypocalcemia commonly seen in African grey parrots housed indoors that are not provided with a full-spectrum light. Hypocalcemia should not be ruled out in a seizing African grey parrot or a member of the *Poicephalus* parrots group just because the blood calcium level is within the normal range during testing. Calcium levels dip and rise according to circadian rhythm. Normal calcium levels for psittacines range from 8.0-13.0 mg/dl. Running an ionized calcium level can be diagnostic; however reference ranges for the different species are not yet established or published for many species.

Learn more about lighting by checking out these articles:
- UVA & UVB Lighting: What Is It?
- Your Pet Bird’s Daytime & Nighttime Needs
- Excerpt from BIRD TALK Magazine, with permission from its publisher, I-5 Publishing LLC. To purchase digital back issues of BIRD TALK Magazine, click here.

By Gina Cioli/I-5 Studios/Courtesy Omar’s Exotic BirdS
Macaws with exposed skin may get sunburned more easily than other parrots.
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Special thanks to Sandi Dover for all her wonderful photos she contributed to this month’s newsletter.
Our February Meeting
Karen Key of Discount Birds of Canoga Park
Alan Pollack, a long time member of the Sierra Club, the Nature Conservancy, and Wildlife Care of Ventura County, is also the Chair of the SFV Audubon-at-Home program. If you are in reasonable driving distance from the San Fernando Valley, he is available to consult with you on how to make your yard a healthy, wildlife friendly one. He can provide a free landscape design for you to use as a guide if you are a do-it-yourself gardener or to give to your landscape contractor.

Alan also is available to give his PowerPoint slide show/lecture: Restoring Habitat, One Yard at a Time: How to Attract Birds and Butterflies to your Garden, to any group that is interested. There is no fee involved. Alan can be reached at alpat62@aol.com (preferably) or 818-340-2347.
Wisdom and her chick on Midway Atoll NWR. Photo credit: Ann Bell/USFWS

A Laysan albatross known as “Wisdom” – at least 63 years old – is once again busy rearing a chick on Midway Atoll National Wildlife Refuge within the Papahānaumokuākea Marine National Monument. The newly hatched chick was first seen by visitor services manager, Ann Bell, being cared for by Wisdom the morning of February 4, 2014. Wisdom is a female albatross first banded as an adult in 1956.

“As the world’s oldest known bird in the wild, Wisdom is an iconic symbol of inspiration and hope for all seabird species.” said Dan Clark, refuge manager for Midway Atoll National Wildlife Refuge. “She provides to the world valuable information about the longevity of these beautiful creatures. In the case of Wisdom, she has logged literally millions of miles over the Pacific Ocean in her lifetime to find enough fish eggs and squid to feed herself and multiple chicks, allowing us the opportunity to measure the health of our oceans which sustain albatross as well as ourselves.”
A Bird’s Eye View

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The Santa Barbara Bird Sanctuary is a non-profit 501(c)(3) corporation and your donation is fully tax-deductible to the extent allowed by law. Your contribution helps us to continue our important work caring for, housing, feeding, providing a healthy environment, and advocating for these magnificent yet misunderstood creatures.

We know that there are many worthy organizations to which you could donate and we appreciate that you recognize the plight of the abandoned companion parrots in our care. Once again, thank you for both your empathy and generosity. We appreciate your support!

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Jamie McLeod
Sanctuary Director

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Hope is the thing with feathers that perches in the soul - Emily Dickenson
How to Touch a Parrot

By Barbara Heidenreich

Isn’t it fun to pet your dog or your cat? Most of our pets usually liked to be stroked from the top of their heads down towards their tails. Have you ever tried that with a parrot? If you have, you may have noticed the experience was not quite the same. Your dog or cat may respond by cuddling up closer, rolling over for a belly rub or relaxing and falling asleep. Usually when we touch a parrot in this manner the bird either tries to escape, bite or just tolerates our touch. Does this mean we can’t touch our parrots? Fortunately for us, parrots usually do like to be touched. But the way they liked to be touched is just a bit different from the other pets in our home. The next time you have the opportunity to touch a parrot try the following tips.

Touch on the Head

Try to avoid touching your parrot on the back, wings or tail. Most parrots prefer to be touched on the head. This is similar to how many parrots interact with each other in the wild. Because parrots can’t reach to preen the feathers on their own heads, they often appreciate the help of a friend for this job. When touching your bird’s head you may encounter something that feels like a little plastic tube. This is a new feather. When the feather is still growing it can be sensitive to touch. But once it has finished growing the last step is for the keratin wrapping to come off. You can help by pinching this “pin feather” in between your nails or fingertips. This will cause the wrapping to break away and expose the new feather. If the feather is still growing and not ready to be unwrapped, your parrot will let you know with a little squawk.

Stroke Head Feathers towards the Beak

Instead of petting from the beak towards the back of the bird, use your fingers to stroke the feathers towards the beak. A parrot who is really enjoying this will fluff up all his head feathers. Many times the bird will tuck his beak into his chest and close his eyes. When you see this body language you will know your parrot is really enjoying being touched.

Move Slowly

Bring your hand up to your bird’s head slowly. This will give you time to look at how he is responding. If he is moving away from your hand, he may not be in the mood to be touched. Come back and try again later when he is more receptive.

Look for a Relaxed Parrot

Many parrots are very receptive to touch right before they are ready to take a nap or go to sleep. Slowly move your hand towards his head and offer a nice head scratch when your parrot looks ready for a snooze.

Teach a Signal that Means Touch

Teach your parrot a signal that means you would like to touch him. An easy way to do this is to wiggle your fingers a little bit right before you reach to touch his head. Your bird will quickly learn that wiggling fingers means the opportunity exists to get a head scratch. Over time your parrot will lower his head and fluff his feathers when he sees you wiggle your fingers. That will be his way of saying to you “Yes! I would like a head scratch. Thank you for offering.”

Once your bird realizes you know the right way to touch a parrot, you may find your bird is open to being touched on other parts of his body. This can make it easier to train your bird to allow you to trim his toenails, stretch out his wings and even train him to wear a harness. It can be a very wonderful feeling when your bird trusts you enough to let you touch him. Try these tips with the parrots you meet and you will find you will have many new bird friends.

Barbara Heidenreich has been a professional animal trainer since 1990. Her company Good Bird Inc (www.GoodBirdInc.com) provides parrot training DVDs, books and workshops. She has been a featured speaker in twenty countries and has been published in nine languages. Barbara also consults on animal training in zoos.

Barbara Heidenreich

For more information on how to train your parrot visit Good Bird Inc
Barbara’s Force Free Animal Training www.BarbarasFFAT.com
Copyright 2014: First appears in Fledglings Magazine by The Parrot Society of Australia
Dr Tamura, member of The Association of Avian Veterinarians (AAV) since 1996

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For more than a century nearly everyone believed birds sense of smell was poorly developed or nonexistent. They were wrong.  

By Nancy Averett  
Published: January-February 2014  
Gabrielle Nevitt's supply list for her first Antarctic research cruise in 1991 contained some decidedly odd items. The huge kites and vats of fishy smelling liquid wouldn't be a problem, the macho National Science Foundation contractor told her. Then she asked for hundreds of boxes of super-absorbent tampons. "He just kind of stammered," recalls Nevitt a petite brunette who was then a 31-year-old zoology post-doc at Cornell University. "Then he said, 'Uh, I don't think I can get those for you, ma'am.'  
"So Nevitt lugged them onboard herself and set to work. She was hoping to lure albatrosses and petrels from the open sea with the scent of dinner, like a street-food vendor might entice passersby with a hot pretzel. She dipped the tampons in pungent compounds found in marine fish and small crustaceans called krill, and painstakingly attached the briny bait to parachute-like kites that she let fly off the rear deck. Then she waited.  

It was an outlandish experiment, and not just because of the tampons. For more than a century nearly everyone believed that the sense of smell was poorly developed or nonexistent in most birds. So no one had ever fully investigated to what extent tube-nosed procellariiformes--petrels, albatrosses, and shearwaters--use their olfactory anatomy to pinpoint prey in the vast, featureless ocean. The long-lived birds spend nearly their entire existence at sea, soaring for hundreds to thousands of miles in search of ever-shifting schools of krill, fish, and squid. On the day Nevitt ran her experiment, dozens of them swooped in so close that she feared they would tangle in the line and drown. So she grounded the kites and improvised, releasing vegetable oil into the water, some of it laced with the fishy compounds. Albatrosses and petrels flocked to the stinky slicks. She was ecstatic. But she still had no idea how they used olfactory cues to home in on their ephemeral quarry. "I was really passionate about figuring this out, so I wasn't giving up," says Nevitt. "I knew I'd be back again soon on another cruise."  

Nevitt is 53 now and a professor at the University of California-Davis. She is a woman obsessed with smell. As head of a sensory ecology lab, she's spent the past two decades picking apart how seabirds' ability to detect scents is key to their survival. Nevitt had the good fortune to arrive in the field on the heels of a handful of pioneering bird olfaction studies. Yet changing long-held beliefs takes time, and the scientific community is no exception. Dozens of Nevitt's grant proposals have been rejected because of the birds-can't-smell fallacy. A program officer once called to say her application was the worst he'd ever seen. "Your idea that birds can smell is ridiculous,"he said. "This will never be funded, so stop wasting your time." She ignored him, and her perseverance and inventive methods have inspired others who share her fascination.  
"Gaby's been very influential," says Julie Hagelin, a wildlife biologist with the Alaska Department of Fish and Game who has conducted several studies on the role of odor in bird behavior. "Her work propelled me forward and helped me develop several ideas." Nevitt, Hagelin, and other avian olfaction trailblazers have pushed past criticism, failure, and even bodily injury in their quest to disprove one of biology's most pervasive myths. "In science," says Nevitt, "we rediscover the obvious sometimes."  

(Continued on page 17)
Remember—please send photos of your bird to the editor at acarl99@gmail.com. Do you have a nice story about your bird? Please send those in also.

The club collects old magazines which we sell at the Bird Mart. Please bring anything you are done with to the next meeting. Just give them to a Board Member.

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Nevitt could blame John James Audubon, of all people, for the incredulity she's endured. In the 1820s the famous naturalist set out to prove that turkey vultures use their superior eyesight, rather than their nostrils, to find carrion. He stuffed a deerskin with grass and added clay eyes, sewed up the imposter, and placed it in a meadow with its legs in the air. He watched as a vulture swooped down on it. The duped bird ripped out the eyes and tore apart stitches, flying after failing to find any meat. Audubon later placed a dead hog, its carcass reeking of decay in the July heat, in a ravine and covered it with brush. This time vultures circled but didn't descend. The results were "fully conclusive," he wrote. Vultures did not scavenge by smell.

Audubon's ego would've taken a hit had he lived to see Kenneth Stager put his findings to the test. In 1960 Stager, an ornithologist at the Los Angeles County Natural History Museum, showed that turkey vultures prefer fresher carcasses—typically no more than four days old—to putrid ones like Audubon hid. Stager also identified the specific scent that drew vultures to carrion, with the help of natural gas engineers who told him they followed the birds to ruptured pipelines. Decomposing carcasses, it turns out, give off ethyl mercaptan, the same sulfurous compound added to natural gas so humans can sniff out a leak (and which gives asparagus eaters' urine that distinctive rotten-egg odor). Stager had shattered Audubon's theory. Hardly anyone noticed.

(To read the rest of this article, click [HERE])  
Reprinted from the Audobon Magazine  
Author Profile, Nancy Averett
Why Birds Live So Long

14th November 2013 by Susan Orosz, PhD, DVM, Dipl ABVP (Avian), Dipl ECZM (Avian) Learn more about Susan

Birds are remarkably long lived for their body size when compared with mammals. Since birds have a higher metabolic rate, body temperature and a higher resting glucose than that of mammals, it is assumed the parameters of aging are increased. These metabolic factors should lead to a reduced, not increased, life span. The exceptional longevity in birds suggests they have evolved special mechanisms to protect them from rapid aging in the wake of their increased metabolic processes. How is it that they are able to do it?

Flying allows escape from predation. Data show that there is an increased life span in birds and in mammals that can fly. Recent data shows that those animals that routinely undergo exertional exercise have longer life spans than those that do not. Birds have lower levels of oxidative damage in their mitochondrial DNA despite the increased energy required for flight. So what does this mean? These metabolic processes normally cause the release of free radicals and those bind to cellular components—particularly membranes. That causes the membranes to age and makes the normal processes of the membranes to malfunction or to perform less well.

But bird, particularly psittacines (parrots), live much longer than they are supposed to live! In fact the large macaws live on average four times their predicted life spans! Birds in general have a reduction in oxidative damage. This signifies that birds have lower levels of reactive oxygen species (ROS) or have developed strategies to reduce the damage associated with them. Birds also have a complex array of mechanisms to reduce damage from oxidative processes. For example, male quail show plasticity of the hypothalamo-pituitary-gonadal axis despite the reduced fertility associated with aging. If only we could do that when we age! White matter tracts in the CNS of passerines regrow neurons related to song seasonally, which defies current mammalian dogma. If we could understand how they regrow tracts in their spinal cord and brain, it could help stroke victims and those with spinal cord injuries.

When Is A Bird A Senior Bird?

One concern that has been expressed is that old animals, including birds in the wild, simply die before they have a chance to show signs of aging. However, studies observing birds over time have shown that is not true! So when we look at our companion birds, we then ask, “At what age are they considered geriatric?”

In one study, Drs. Dury Reavill and Gerry Dorrestein determined the following by looking at age vs. changes associated with aging in older birds. Small birds (budgies, lovebirds) were considered senior at > 6 years; cockatiels > 12 years; and Amazons, macaws, cockatoos and African Grey parrots > 30 years.

There are a number of conditions that clinicians have observed in companion birds as they age. Tumors are more common in senior birds, including pituitary tumors in budgerigars. Cataracts and retinal changes have also been observed in a variety of psittacines. Decreased range of motion and osteoarthritis also occurs. However, radiographic evidence of osteoarthritis is much more difficult to discern. Chronic renal and liver disease occurs as our parrot friends age. Gout occurs more often in older birds. When the kidneys begin to fail, uric acid can accumulate within joints or on the surfaces of organs. Endocrine diseases tend to be more common as birds age, with gonadal degeneration often
Atherosclerosis and increased pulmonary hypertension have also been documented. The most common species affected include blue-fronted Amazon parrots (91.4%), Congo African greys (91.9%) and macaws. The average age when atherosclerosis occurs is 12 years, with plaques primarily in the brachiocephalic trunk, along with the pectoral and carotid arteries. Interestingly, fatty changes are rare in the coronary arteries. These devastating changes are associated with high-fat diets and lack of exercise.

Tips To Help Your Bird Age Well
So how then can we provide quality care to our parrots as they age? The first step is taking your senior bird in for a yearly exam by your avian veterinarian. The physical exam of the senior bird should include looking at the eyes for cataracts, determining the quality of feathering and, if there are skin changes, looking for lumps and bumps; palpating joints and determining if there is a change in mobility; if there is pain, auscultating the heart and lungs and taking a blood pressure and general palpation of the body. Additional diagnostic tests may be indicated in the individual patient.

How then can we support our senior feathered friends? Providing a good diet is the first step, one that offers balanced omega fatty acids to help with the quenching of oxidation from the free radicals. Foods should provide slightly increased levels of vitamin E and C, as these are used up at a higher rate as animals age. Vitamin A and beta-carotenes are also important in maintaining the membranes of the body —from the respiratory tree to the intestinal tract and the tubules of the kidneys. Vitamin A is also important for support of the immune system. A functioning immune system helps stave off infections and reduce the incidence of tumors. Seed diets, on the other hand, are deficient in these vitamins. NutriBerries, Avicakes and Senior NutriBerries have these important vitamins in them, and they are also balanced with the omega fatty acids.

Senior Bird NutriBerries also contain milk thistle, dandelion and ginger. These herbs are important for many of the organ systems. Milk thistle, or Saint Mary’s thistle, is a plant indigenous to the Mediterranean region and is used for
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chonic hepatitis in people and may help our birds as well. It works by stabilizing cell membranes and stimulates protein synthesis while accelerating regeneration in damaged liver tissue. Milk thistle promotes wound healing and counteracts skin degeneration as an anti-inflammatory and by free radical scavenging mechanisms. Silymarin, the main component in milk thistle, has an anti-inflammatory and anti-arthritic effect in rats and increases bile flow and bile salt secretion.

Dandelion is a perennial herb and has been noted to increase bile production and enhance the flow of bile. The choline content of dandelion may act to improve liver function as well. Patients with severe liver problems (loss of appetite, low energy, jaundice and dyspepsia with deficient bile secretion) had a significant drop in blood cholesterol after 20 days of administration and their liver function tests improved. All of this would be of benefit to our senior birds.

Ginger is often used as a spice, but it is also a great medicinal herb. Ginger blocks nausea by reducing stimuli within the gastrointestinal tract. By inhibiting cyclo-oxygenase and lipo-oxygenase pathways, ginger inhibits both prostaglandin and leukotriene synthesis, thereby acting as an antioxidant. Ginger has been found to improve cardiovascular conditions and osteoarthritis, which are important to reduce those problems in senior birds.

Our senior birds represent the fountain of youth compared with mammals, and we can help them live improved healthful lives along the way!

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Dear Member,

The West Valley Bird Society offers education about birds and bird-related topics, and provides a forum for networking with people having similar avian interests. Our meetings offer refreshments, guest speakers, and beautiful birds to experience and learn about, as well as the chance to just visit. And our raffle table has been called ‘the cheapest place to find toys’.

We offer both guest and membership privileges. Anyone is welcome to join our meetings and share in the fun as our guest. But membership offers other benefits. For one it pays for the meeting hall and supplies, helping to ensure the club stays viable for the future. It also offers you the chance to double your raffle ticket purchases (up to $15). And with a stake in the club, it encourages you to attend regularly and enhances your fellowship with other members.

We would appreciate your considering becoming a member, and either send in your dues today or join at the next meeting.

Thank you for your support!

Rick McCarter
Membership Coordinator
West Valley Bird Society
WVBSMembership@att.net

Meetings at 7:30 PM every third Friday of the month at the GRANADA PAVILION (Behind Trader Joes)
11128 Balboa Blvd & San Fernando Mission Blvd
Granada Hills, CA 91344

The West Valley Bird Society is a qualified tax-exempt corporation under IRS code section 501 (c) (3).

Participants in West Valley Bird Society activities understand that domesticated animals are present at and part of such activities, and assume all responsibility for the outcome of encounters with these animals.
Application for Membership or Renewal

Today's Date: ____________________________

☐ New Member  ☐ Renewal

Please select one of the following options:

☐ I will accept the newsletter, A Bird's Eye View, by email and pick up a hard copy at the meetings.

☐ I prefer to receive the newsletter by surface mail, and will add $20.00 to the dues listed below to cover the escalating cost of surface mail.

Please print clearly

I am applying for the following Membership (check one). Memberships run for 12 consecutive months.

☐ Individual – annual dues $35  ☐ Family – annual dues $40

☐ Senior Individual (65+) – annual dues $25  ☐ Senior Family (65+) – annual dues $30

Or, please consider one of the following to do a little more for West Valley Bird Society:

☐ Platinum – Lifetime Membership $350

☐ Gold Supporter – annual dues $150

☐ Silver Supporter – annual dues $125

☐ Bronze Supporter – annual dues $75

Lifetime membership $350

3 year membership $250

2 year membership $125

All membership dues & donations are tax-deductible!

Last Name: ___________________________________________ First Name: ________________________ Birth Month: ________

Complete this section only if you have checked “Family”, “Senior Family”, “Gold”, “Silver” or “Bronze” Membership:

Spouse's / Significant Other's Name: ___________________________________________ Birth Month: ________

Children's Name(s): ________________________________________________________________

______________________________________________________________

Address: _________________________________________________________________

City: __________________________ State: _____ Zip: ___________

Home Phone: (_____) ___________________________ Work / Other Phone: (_____) ___________________________

Email # 1: ___________________________ Email # 2: ___________________________

(Optional) Sponsored by: _______________________________________________________

Would you like to participate in WVBS volunteer activities?  ☐ Yes  ☐ No  ☐ Possibly

Note: the success of the Club depends on the volunteer efforts of members / bird lovers!

I am enclosing a check in the amount of $ __________________ for the Membership checked above..

Please make check payable to: West Valley Bird Society

Mail to: P.O. Box 8221

Northridge, CA 91327-8221

Members are asked to donate to our refreshment table each month.

We greatly appreciate your interest in the West Valley Bird Society, and hope to see you at the meetings!

Participants in West Valley Bird Society activities understand that domesticated animals are present at and part of such activities, and assume all responsibility for the outcome of encounters with these animals.
By sponsoring a NEW MEMBER, you get a chance to draw from our Raffle Table.

Membership up for Renewal?
Check date on mailing label!

Membership questions, changes, corrections?
Contact Rick McCarter at wvbsmembership@att.net.

My prints are 11" x 17" mounted and signed at $30.00. Note cards are 5" x 7" blank inside at $5.00 each. - Marie Sansone  www.mariesansone.com

2014
January/February new members
Freya Koester
Melinda & Melodie McElliot
Ed Cooperman
Rita Ferrell

Long Beach Bird Breeders Club
Meets Fourth Tuesday of each month
7 p.m.
American Legion Hall
5938 Parkcrest Street
(South of Carson & East of Woodruff Ave.)
Long Beach
For Information call: 562-881-9847

Parrot Education & Adoption Center
PEAC has several wonderful parrots in need of loving, permanent homes, and has a short waiting list for entry in their parrot foster program. Check out www.petfinder.com for details. Monthly seminars are in San Diego and Wildomar (near Temecula); seminar details and on-line registration at www.peac.org. Please check the website for topics, times, and directions. Please contact PEAC at barb_peac@verizon.net or go to the website www.peac.org for more information.
Buy, Sell, Trade, Request

Do you have something you would like to buy, sell, trade or are looking for a wish list? Contact Carl at acarl99@gmail.com. Ads are free to WVBS members.

Wanted: House to Share or a Guest House. I have 3 birds. Contact: Marie Sansone, (818) 845-7499

Wanted: SEEKING ROSELLAS, GRASSKEETS, OR LARGE PARAKEETS.
I have a large aviary to house several birds. Prefer to adopt a pair. I have other pet parrots that I keep separately and am very familiar with providing proper care.
Contact Mark at: (818) 886-8583 (W), (818) 307-8754 (Cell), (818)887-4398 (H)
or e-mail: susan_bentow@yahoo.com

Adoptions

There are so many birds needing homes out there. If you are considering another bird, please think about adopting one. Call one of these rescue/adoption groups. They all have many wonderful birds just waiting for someone to come and take them home. Many of these groups have websites - take a look!


March Babies

Jon Kranzler
Linda Buesching
Carl Arrechea
Ryan Langton
Patty Schewe
The Wescott Family
The Juran family
The Merrick family
The Bean Family

Wishing you happiness and good health on your Birthday and all the days after.

Support California Wildlife Center
West Valley Bird Society - P.O. Box 8221 - Northridge, CA 91327-8221

The West Valley Bird Society Inc. is a qualified tax-exempt corporation under IRS Code Section 501(c)(3).

MISSION STATEMENT

West Valley Bird Society offers education about birds and bird-related topics and provides a forum for networking with people having similar avian interests.

2014 Officers and Directors - Click on name to e-mail

President  Lauren Cheney  818-727-1594
V. President Cheryl Bean  818-716-5065
Secretary Linda Anderson  805-577-7525
Treasurer Stephanie Wallace  661-210-9429
Membership Rick McCarter  818-842-0788
Hospitality Hazel Lampe  818-299-7980
Parliamentarian Dj Blanchette  818-262-4517
Advertising Grace Elliot  661-263-9727
AFA Rep Linda Buesching  661-803-1416
Refreshments Linda Buesching  661-803-1416
Past President Patricia Volger  310-980-3635
News/Web Carl Arrechea  818-900-8275

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Platinum Lifetime Members
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Laureen Mitchell Delora & Eugene Stalnaker
Rose Blume Patricia & Karl Volger
Audra & Steve Silon Dj & Bert Blanchette
Linda Buesching Dianna & Richard Stokotelny
Jack & Grace Elliott

Gold Supporter Members
Sigrid & Aspen Pittman

General Meetings
7:30 p.m., 3rd Friday of each month at Granada Pavilion, Auxiliary Hall, 11128 Balboa Boulevard, Granada Hills, CA 91344. See map to the right. www.granadapavilion.com

Board Meetings
7:00 p.m. on Wednesday, 1 week preceding the General Meeting. Location: CoCo's Restaurant, 18505 Devonshire St, Northridge, CA (near Reseda & Devonshire). All members are welcome. Please confirm with Lauren at 818-727-1594 or via e-mail thewestvalleybirdsociety@gmail.com since meeting dates and times are occasionally changed.

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March Meeting
Friday March 21st, 2014, 7:30 p.m.
Join us for the fun!
EVERYONE BRING A DISH!

Membership Up For Renewal?
Check Date on Mailing Label Below!

First Class Mail to:

www.thewestvalleybirdsociety.com