

Monthly newsletter from the Gateway Parrot Club!
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Squawk'n Talk

Greetings from the Presidential Perch!

This month, Sunday July 17th is our very special Toy Making meeting. We will have a large selection of toy parts for you to use to make Parrot Toys for use as Raffle items at the Fair next month.

This allows you to be creative and to be of great benefit to Gateway Parrot Club. The raffles and silent auction items are major sources of the funds we raise at the Fair. As many of you already know, we raise funds so we can help contribute to worthwhile animal and bird organizations and to Avian Medical Research.

Come on out, have a great time, share a nice buffet and socialize with old and new friends. Dawn Breer, our very talented and creative toymaker, has volunteered to be there to assist anyone who isn't sure how to put some of the pieces together.

I'm looking forward to seeing all of you at our Meeting. Bring your families and bird friends and join us at 2:00 on Sunday July 17th at Varietees. All are welcome.

Georgia

TOY MAKING PARTY

We will have our annual Bird Toy Making Party at the July 17th meeting. We will be making bird toys to use for the Raffle Tables at the upcoming GPC All-American Hookbill Bird Fair on August 27th. We will be making toys for small to large birds. Toy parts will be provided. However, if you have toy parts or toys that you would like to bring and donate for the Toy Making Party, that would be fine, as long as the parts or toys are clean and unused. If you have scissors or small pliers to bring and use, that would also be helpful.

BEAN SALAD RECIPE

By Christine Kinkade

Here is the recipe for the bean salad that I have brought to the meetings that everyone seems to enjoy.

Ingredients for Salad:

3 cans (15 oz) beans (garbanzo, red kidney, and black beans)

1 cup corn, fresh or frozen, cooked and cooled

½ red pepper, chopped

2 slices of red onion, chopped

¼ cup of chopped fresh cilantro

Ingredients for Vinaigrette

6 tbsp olive oil

2 tbsp balsamic vinegar

1 tsp Dijon mustard

Salt and pepper to taste

Directions:

Drain and rinse the beans, then place them in a large bowl. Add corn, red pepper, red onion, and cilantro. Stir.

Measure the olive oil, vinegar, and mustard into a jar. Screw the lid on tightly and shake the dressing well. Add salt and pepper to taste. Pour over the bean mix a little at a time and mix to coat. Add enough to suit your taste. Refrigerate until ready to serve. (It adds more flavor if left overnight). Serves 8 – 10.

Laser Therapy in Avian Patients

Adapted from Proc. Joint Conf. Assoc. Avian Vet., Assoc. Exot. Mammal Vet., Assoc. Rept. Amph. Vet. 2015;211-214. By: Robert D. Ness, DVM, Ness Exotic Wellness Center, Lisle, IL, USA.

Science of Laser Therapy

Laser therapy is the result of electromagnetic energy interacting chemically and biologically with tissue causing "photo-bio-modulation." The term laser is an acronym for Light Amplification by Stimulated Emission of Radiation. Current literature is replacing the term "laser therapy" with "photobiomodulation" (PBM). 1 Photobiomodulation is present all around us as photosynthesis occurring in plants and Vitamin D formation within our skin cells. Lasers allow light therapy to be targeted specifically and quickly. Lasers produce a single wavelength beam of light, which is collimated as it is generated. Laser light has the inherent property of being coherent, or in phase, which means it is a uniform, orderly light beam. Class IV therapy lasers use a simple beam of light to penetrate deeply into tissues to produce positive tissue changes. 2 Patients with any degree of pain, inflammation, or requiring tissue healing are potential candidates for class IV laser therapy. Laser therapy should be incorporated into routine pain control protocols for all patients. Avian patients with a wide variety of acute or chronic conditions show clinical improvement with the use of class IV laser therapy. Some acute conditions may only need a single treatment, while others may require several sessions over days to weeks. Chronic conditions involving chronic pain or inflammation also benefit, but treatment extends over a longer time period and may require on-going treatment to maintain effect.

Mechanism of Laser Therapy

Laser therapy reduces pain, reduces inflammation and accelerates healing. 3 Patient perception of pain is reduced by an increased release of tissue endorphins. Nerve cells are affected, nociceptors are suppressed, stimulation thresholds are increased, and neuronal impulses are reduced. Inflammation is reduced by decreased release of prostaglandins and inflammatory mediators, by increased macrophage activity and leukocyte phagocytosis, and by reducing edema through dilation of lymphatic vessels. 4 Healing is accelerated by increased blood flow from vasodilation, by increased angiogenesis and capillary production, by increased release of stimulating cytokines, and by stimulation of fibroblast activity and collagen production. Electrical, pressure and temperature gradients are created as coherent laser light is polarized by the mixed density of tissue.

Target Dosing

Success in treating conditions depends on delivering an appropriate dose of laser energy into the affected tissue. Insufficient dosing results in treatment failure. Overdosing wastes time and practice resources, however it is not detrimental to the patient. Target doses are expressed in J/cm². One joule (J) is the energy delivered with one Watt of power in one second. Established target doses are 3-4 J/cm² for superficial conditions (conditions in tissue that we can see) and 8-10 J/cm² in deep conditions (conditions beneath the skin). 5 Power and time are inversely proportional in calculating the total energy (joules) delivered. Treatment time can be reduced by increasing power. Likewise, treatment time increases if the power (Watts) is reduced. When treating superficial

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conditions with a lower target dose, power usually remains relatively low since achieving a target dose of

3-4 J/cm² does not take long. Many superficial conditions affect sensitive tissue and a lower power setting is more comfortable for the patient. When treating deep tissue conditions, power is increased to reduce the time required to achieve a target dose of 8-10 J/cm². Some laser treatment protocols, such as wound or abdominal disorders, require an estimation of the treatment area when calculating the target dose of a laser treatment. A simple technique for estimating the patient's surface treatment area is by comparing the size of the area to be treated relative to a 3 x 5 inch index card, which has an approximate area of 100 cm². 6

Considerations in Avian Laser Therapy

Many conditions commonly encountered in avian practice may improve considerably with laser therapy. Special considerations should be addressed when using therapeutic lasers on birds due to the inherent power of the class IV laser in opposition to the relatively thin dermis of birds. Therefore, adjustments are made in the laser settings to facilitate the lower optimal therapeutic dosing, typically by reducing the total energy administered by approximately 50% of a comparably sized mammal. The adjustments can be made by modifying the frequency, watts or time. Regarding frequency, the typical continuous wave setting is adjusted to a pulsed wave, which delivers 50% of the energy directly to the patient. Similarly, a lower amount of total energy, in Joules, is accomplished by decreasing the treatment time or decreasing the strength of the laser by lowering the wattage. Continuous movement of the treatment wand is also important in accomplishing an effective laser session. A steady movement over the entire affected area in a grid pattern allows appropriate distribution of therapeutic energy, while avoiding discomfort from overheating of the bird's skin or feathers.

Laser Therapy for Acute and Superficial Conditions

Superficial acute conditions include lesions that are easily observed and recently developed, which require the lower target dose of 3-4 J/cm² with just one to a few treatments. Superficial skin lesions and mild soft tissue trauma as experienced in wing tip trauma from night fright, acute bite wounds, acute pododermatitis, early stages of feather trauma, and post-operative surgical incisions are classic examples that respond well to the integration of laser therapy in the wound management protocols. Other situations that can respond to the lower target dosing include beak trauma and uropygial gland impaction or abrasion. Some of these conditions may require a single laser session lasting less than a minute in order to achieve a successful outcome in conjunction with traditional wound care protocols.

Laser Therapy for Chronic and Deep Conditions

Avian conditions requiring higher target dosages of 8-10 J/cm² are the deep or chronic disorders. Deep acute conditions that require a few treatment sessions include fractures, sprains and acute coelomic distension. In addition, less obvious conditions that benefit from the anti-inflammatory effects of laser therapy include ingluvitis and respiratory disease. Many chronic conditions that plague the avian practice can benefit from the higher target dosages with multiple laser sessions include chronic feather picking, self-mutilation, advanced bumblefoot, arthritic gout and osteoarthritis, in addition to the usual therapeutic protocols. Often these conditions are more successfully treated with several sessions at relatively lower target dosages compared to other species.

Safety Precautions and Contraindications

As with any form of medical therapy, there are certain safety precautions and contraindications that must be observed. Due to the near infrared wavelength of the Class IV lasers, protective eyewear must be worn which are calibrated to the proper laser frequency in order to prevent significant retinal damage. Everyone in the room, including the patient, must have their eyes protected when the laser is in use, since there is risk of retinal

damage from direct exposure to the beam as well as reflective scatter of the laser light. The bird's eyes are protected simply by covering the eyes with a dark cloth or towel. Overheating of the skin and feathers is a potential risk from improper operator technique by not keeping the probe in motion during the laser session. Contraindications to laser therapy include treatment over cancerous sites or reproductive organs and active hemorrhaging. Precautions and careful consideration should be used when utilizing laser therapy with concurrent use of photosensitive medications, such as tetracycline or griseofulvin.

Summary

Photobiomodulation provides a wide range of beneficial effects by reducing pain, reducing inflammation and healing of damaged tissues. Laser therapy is recently becoming routine in many veterinary practices, as well as in sports medicine, orthopedics and physical therapy centers on the human side of medicine. Likewise, avian medicine should embrace this therapy to expedite the healing process of our patients while reducing their pain and inflammation.

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Upcoming Events:

Our main events are our monthly meetings, usually held the third Sunday of each month at *Varietees in Valley Park, MO*. Visitors are welcome! The meeting begins at 2:00 PM with a hospitality session. After a review of Club issues we generally have an interesting speaker on a topic of interest to the group.

Monthly Meetings are held at:

Varietees Bird Store

60 Meramec Valley Plaza

Valley Park, Mo. 63088

- [Monthly Meeting](#) - annual toy making party!
 - 07/17/2016
 - Valley Park
- [2016 All American Hookbill Fair](#)
 - 08/27/2016
- [Monthly Meeting](#)
 - 09/11/2016
- [Monthly Meeting](#)
 - 10/16/2016

Not a member yet?

[Download a membership application](#) and bring it to our next meeting, or email it to Renee Davis, our membership secretary membership secretary, at membership@gatewayparrotclub.org .

Our new PayPal email address is payments@gatewayparrotclub.org

You can also now join and pay dues securely from our site: <http://gatewayparrotclub.org/join-now/>

Our Officers and Board members: <http://gatewayparrotclub.org/about-us/>

The Gateway Parrot Club, Inc. is a 501c3 not for profit organization based in St. Louis Missouri and established in 1988 to:

- Bring people together in a friendly atmosphere in the interest of exchanging information on bird care and breeding.
- Create interest in bird care and responsible breeding through monthly educational programs and annual bird fairs.
- Reduce neglect, cruelty and abuse of captive birds through education and public outreach.
- Educate the public, as well as ourselves, on the ever present danger of extinction in the wild.

[Become a Member Now](#)

Welcome new members!

A special shout out to our new members, Patricia Hardy and Traci Hoffman.

GPC June Meeting Attendance

Georgia Fletcher

Dick Grommet

David Kinkade

Cathy Timma

Renee Davis

Carole Grommet

Christine Kinkade

Rick Ruderer

Jorg Augustin

Megan Augustin

Audrey Bamberger

Cindy Burquin

Kelly Coyle

Linda Kraft

Janet Marks

Nancy Marron

Edwin Massie

Sandy Newcomb

Gerri Otto

Barbara Peach

Sue Rodgers

Pat Seiler

Tracy Schwarztrauber

Deborah Van Der Heide

Pam Walsh

Annie Bathgate

Debby Martin

Casey Uhlmeier

Terri Uhlmeier

Cathy Wendler

Check out our website!

Find previous editions of Squawk'n'Talk, maps, and more information on our website: GatewayParrotClub.org

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group: <https://www.facebook.com/groups/GateWayParrotClub/>

Email Jessica at kmurray@kmurraycreative.com if you want to submit an article, send cute pics to post on the website or future newsletters, have a suggestion, etc!

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