

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXII, Issue 12

December 2007

P.O. Box 15014, Tumwater, WA 98511-5014
<http://ssebs.org>

DECEMBER HOLIDAY PARTY

**The holiday party will be at The Place on
Sunday, December 2nd, at 1:00 pm.**

We will order off the menu. Gift exchange, auction, prizes !!!!

Directions to The Place:

**From Shelton: South on 101 to 2nd Avenue exit. Left turn off ramp and go over freeway. You will see
The Place on your left.**

**From I-5: Take SR 101 exit as if you are going to Shelton. Take 2nd Avenue exit and turn right off the
ramp. The Place will be off to your left.**

SEIZURES IN BIRDS

It is said that authors should write about subjects with which they are familiar. In this case, I began to become unwittingly familiar with the subject of seizures on May 9, 2005 the day after bringing my first bird – BamBam, a blue and gold macaw -- home from an Oregon rescue organization. I had traveled to Eugene, OR three times, in accordance with the rescue's rules, to visit with BamBam so everyone could evaluate whether the two of us would be a good match. He miraculously seemed to like me (it was quite clear he despised his foster mother – no fault of hers. Another B&G named Charlie, whom I had originally traveled to meet, despised me). BamBam, although ready to play and be scratched by me, was still leary enough not to step up on my hand. But, I was in love with him, the foster arrangement was approved, and the two of us set out for Olympia – my never having held him. BamBam talked and chatted the entire way. No one had mentioned seizures.

I had obtained an old Knight's cage for BamBam – fortunately, in retrospect, not too large – for his first days with me until I could find larger more suitable housing. All went well until the second night – at about 2AM – when the house erupted with BamBam's horrendous screams and thrashing on the bottom of his cage. I flew down the stairs. BamBam was in a full seizure with wings stretched out, back and head arched backwards. I was shaking almost as uncontrollably as I somehow cradled him and edged him out of the cage while he was still outstretched in spasms and jerking uncontrollably. This was the first time I'd ever held my new bird.

After several minutes (which seemed to last forever) the spasms began to subside and he started to relax enough that I could help him fold his wings. He was literally sobbing and obviously terrified. I could raise no one by phone at the rescue, and a quick visit to the internet led me to believe he might have experienced a night fright. He had several more similar episodes that night, and managed on one of them to catch one of his wings over a perch and was left hanging. During the next several days, he was unable to balance himself on my hand -- or anything else -- without falling. What I eventually understood to be seizures occurred mostly at night and, sometimes, during the day.

In the aftermath, BamBam has had more diagnoses than he's had vets. The most promising diagnosis is that of chronic metal toxicity, as he tested positive for zinc (although that test is sometime inaccurate). We have since been engaging in various holistic chelating programs, and his zinc values now test in the normal range. There are potentially more toxins to be eliminated. BamBam has graduated to a large stainless steel daytime cage, and is receiving liver support. His blood values are good, and, aside from his seizures and some feather picking, he now exhibits no balance problems or other signs of ill health. His seizures have decreased in frequency and intensity (although, for some reason, many nights we now have cluster seizures – up to four in one night). His prior owner and I have been in contact, and it appears that his seizures began more than ten years ago. At that time no cause was identified, but various toxic exposures may have occurred prior to that time.

More humans have epilepsy than have cerebral palsy, cancer, tuberculosis, muscular dystrophy and multiple sclerosis combined. Yet, even in humans, there is still much to be learned about this condition. There is even less information available on birds. My experience with BamBam, who has improved but still continues to have seizures, is that much of what is applicable to humans also applies to his condition.

Generally, a seizure is a sudden, temporary loss of consciousness and/or control of motor function caused by a paroxysmal, uncontrolled transient electrical discharge in the brain. Seizures may be mild to severe, partial or generalized, frequent or infrequent. For humans, The World Health Organization lists over 50 variations of seizures in its "Dictionary of Epilepsy." One can suffer from more than one kind of seizure.

The term "epilepsy" can be confusing because some authors use it to describe recurrent seizures of any etiology (cause), while others use it to specify recurrent seizures unrelated to brain disorders or underlying disease processes. In "primary epilepsy" (also known as idiopathic, genetic, inherited, or true epilepsy) there are no positive diagnostic findings that will substantiate the diagnosis; diagnosis is reached by ruling out every other possibility.

"Secondary epilepsy" refers to seizures for which a secondary physical underlying cause can be found. Any bird experiencing seizures should have a thorough physical examination, radiographs, hematology and blood chemistry. Some of the more common causes include central nervous system diseases such as a brain tumor or infection, head trauma, hyperthermia, liver disease, metabolic disturbances (hypocalcemia, hyperglycemia) and toxicity from lead, zinc, aflatoxins and certain insecticides.

A complete blood count will reveal whether anemia, inflammation or infection is present. Blood chemistries may provide an indication of liver and kidney function and the electrolyte status of the patient. Toxins such as zinc should be tested for. In addition to a baseline complete blood count and chemistry, certain infectious diseases such as chlamydia, polyoma and proventricular dilatation should be ruled out.

If the cause of the seizures can be found, treatment should be directed specifically towards correcting the underlying problem. Lead and zinc toxicity may be treated by chelating drugs and physical removal (if possible) of any lead or zinc particles. Hypocalcemia (found most often in African Greys fed a seed diet) may be treated by supplying calcium and vitamin D3 and correcting the deficient diet. Metabolic problems should be corrected whenever possible. If hypoglycemia is present, glucose or dextrose can be provided to normalize blood sugar. Liver disease, if present, should be treated.

Birds that are found to have epilepsy may be maintained on phenobarbital to control and hopefully eliminate their seizures, but such treatment may be detrimental to liver function and is not recommended in all cases.

Sleep activity may influence seizures. Some types of epilepsy are more likely to be restricted *exclusively* to sleep (which now appears to be the case with BamBam). Nocturnal seizures have an association with sleep patterns, but their mechanism is still poorly understood. In wakefulness, brain waves remain fairly constant, but during sleep there are many changes. Sleep is divided into many stages, and some seizures seem to occur predominantly at certain times of the sleep cycle. Brainwaves (EEG) transform from wakefulness to drowsiness to light sleep to deep sleep to Rapid Eye Movement (REM) sleep - and this cycle occurs 3-4 times per night. There are dramatic changes on EEG during these sleep changes. Seizures may occur at any time during the sleep cycle, but mostly occur in light sleep - that is, stages 1 and 2 of sleep. Thus, the majority of nocturnal seizures occur soon after falling asleep, before waking, or around arousal during the night.

A bird can experience more than one type of seizure. When a generalized seizure in a bird occurs, it may vocalize, lose consciousness, fall off its perch, flap its wings uncontrollably and/or stiffen its body, or all of the above. There may be a sharp cry as air is forced through the voice box during the tonic (stiffening) phase. In the clonic phase, the bird thrashes his/her wings and legs about, and the back, neck, and or jaw jerks. The seizure is often accompanied by irregular or interrupted breathing and there may be an involuntary loss of urine or stool. Although this is hugely frightening, many birds can recover from a seizure and slowly regain their ability to control their movements and perch. The aftermath of a seizure is extreme fatigue. Following the seizure, the bird may feel tired, confused, weak, restless or irritable for some time. Sometimes a bird will require only a short nap, and sometimes it will fall into deep sleep for several hours. Many birds will need a lot of sleep for several days afterward. Rarely does a bird return immediately to normal activity.

When a bird is experiencing a grand mal tonic clonic seizure, there is nothing you can do to stop it. Stay calm and do not restrain the bird – it can make the seizure more severe. Stay nearby and speak kindly/calmly. While the bird is seizing and moving around, try to remove dangerous objects from the area and gently guide the bird away from danger. When the bird has finished seizing, quietly fold (do not force) the wings and lift the bird with your hands encircling his/her body as much as possible out of the cage and take him/her to a quiet place where it can rest (I place BamBam in my lap on a clean blanket kept by his cage for that purpose). Sometimes there are major balance problems or paralysis in one leg, and holding him/her calmly for a rest and recovery period will help prevent a further fall or excitement. If the bird is already on the cage bars when you arrive, don't chase him/her around in order to remove him from the cage, but wait until he/she perches and coax him out quietly on your hand. Rest, calm, and comfort are vital at this point, and he/she may need to sleep until perching is safe.

Seizing birds should be provided with good supportive care, including a warm (or cool, depending on the bird), quiet, safe environment, fluids, nutritional support, and antibiotics (when appropriate). Diazepam (Valium) may be used to temporarily stop the seizures.

Early intervention to seizing is important. A brain inherits a genetically determined predisposition to seizures, and seizures occur when this threshold is exceeded. The seizure threshold is apparently exceptionally low in those that have idiopathic epilepsy. There is experimental evidence that repetitive seizures can "irreversibly lower the seizure threshold" in processes called "kindling" (a mechanism in which epileptic neurons in the brain "recruit" normal neurons into the original seizure focus, enlarging the area of the brain that can produce seizures) and "mirror focus" (each hemisphere of the brain is a "mirror image" of the other, and the "normal" side of the brain can develop EEG abnormalities just as in the other more damaged side).

Holistic methods of treating and/or minimizing seizures and their effects in humans and pets are being explored. Some of these are diet (i.e., the effects of gluten intolerance, soy, dairy, and excess estrogens), lighting and light boxes, music therapy, and flower remedies.

Some conditions are known to lower the seizure threshold or act as seizure precipitants:

- Emotional stress, excitement, sensory stimulation (note: resulting seizures usually don't occur until after the stressor has passed, and the bird begins to relax).
- Extreme fatigue and/or lack of adequate or regular sleep
- Poor nutrition
- Hypoglycemia
- Extreme heat/humidity
- Consumption of large amounts of food or drink at one time

I have found the following strategies to be helpful:

- Padded Sleep Cage. I have padded the floor of BamBam's original Knight's cage (about 10 inches) and lowered his perch so that it is just high enough for his tail feathers. The cage is large enough to accommodate his wings when they are outstretched and thrashing. The cage is otherwise stripped down with only a water bottle on one end of his perch, and a heat panel on the other. The cage has no other perches or toys or any other items that might entangle him. I have installed horizontal ¼" x 1 ½" acrylic "bars" -- attached by stainless steel nuts, bolts, and fender washers -- on the lower half of the cage to prevent his wings from getting caught in the cage's vertical bars when he is seizing (a recurrent problem). These acrylic "bars" also facilitate his climbing when one of his legs is paralyzed – a frequent aftermath of his seizures.
- Baby Monitor. I keep a baby monitor just outside the cage so I am certain to awaken when he has a seizure.
- Blue Night Lights. The color blue is supposed to be calming. The night lights provide a reference for him and enough light for me to retrieve and work with him.
- Music. There are harp CDs particularly made for hospice and for calming animals. I play these for the last 2 hours of wakefulness and for the first three hours (approximately) of sleep.
- Other: I try to keep him on a regular schedule with enough sleep hours. When the house is chilly, I turn the heat panel on so that he can adjust himself on the perch to a comfortable temperature. The opposite side of his cage is left uncovered so that he can see the nightlight and have fresh air. I keep a detailed log of his seizures. He is

sprayed nightly with Anaflora anti-seizure flower essences. I no longer allow him to watch TV. His diet is constantly improving.

None of the above measures has been applied in a scientific method, so I don't know what is actually working and not working. I have seen, in recent months, a general raising of BamBam's seizure threshold -- while any boisterous play or talking in the evening used to lead to a seizure, such is no longer necessarily the case. I have also noted a significant decrease in the number of nights in which BamBam has seizures, and his recovery time is usually more rapid. I still seek answers, and perhaps some day I will report that he is seizure free.

Sources: "Seizures in Pet Birds, Linda Pesek, DVM, Diplomate ABVP (Avian) and Winged Wisdom Pet Bird Magazine (2001); The Challenge of Epilepsy, Sally Fletcher, Aura Publishing (1986); DogtorJ.net, "Epilepsy and Diet," <http://dogtorj.tripod.com/id2.html>; "Epilepsy Explained," <http://www.epilepsy.org.au/nocturnalsz.asp>; Marcinczyk, "Canine Epilepsy," HomVet (1996)

ELECTION OF NEW OFFICERS AND DIRECTORS:

At the general meeting on November 9, 2007, the following new officers for 2008 were elected:

President	Pegg Bauer	Public Relations	Carol Frink
Vice President	Leslie Simpson	Publications	Pegg Bauer
Secretary	Smiles Germeaux	Ways & Means	vacant
Treasurer	Pat Hill	Education Officer	Britt O'Leary
Members at Large	Barbara Anne Smith (2 vacancies still exist)	AFA	vacant

Anyone interested in the remaining vacant positions please contact any of the officers

2008 Bird EXPO

We are hoping to schedule our 2008 Bird Expo at the SW Washington Fairgrounds in Chehalis on March 29, 2008. This would be in conjunction with the Home Show.

MEMBERSHIP APPLICATION

New _____ Renewal _____ Address/phone change _____

NAME(S) _____

MAILING ADDRESS _____

PHONES:

Home: _____

Work (if applicable): _____

Cell: _____

EMAIL ADDRESSES: _____

Referred by: _____

Membership type per year:

Junior (under age 18).....\$ 6 _____

Individual.....\$12 _____

Family.....15 _____

Commercial.....\$25 _____

Dues payable to:

South Sound Exotic Bird Society (or SSEBS)
(Returned checks subject to service charge)

Mail to: SSEBS Membership
P.O. Box 15014
Tumwater, WA 98511-5014

Your avicultural interests (please check all that apply):

<input type="checkbox"/> African Greys	<input type="checkbox"/> Amazons	<input type="checkbox"/> Caiques	<input type="checkbox"/> Canaries	<input type="checkbox"/> Cockatiels	<input type="checkbox"/> Cockatoos	<input type="checkbox"/> Conures
<input type="checkbox"/> Doves	<input type="checkbox"/> Eclectus	<input type="checkbox"/> Finches	<input type="checkbox"/> Lories	<input type="checkbox"/> Lorikeets	<input type="checkbox"/> Lovebirds	<input type="checkbox"/> Macaws
<input type="checkbox"/> Parakeets	<input type="checkbox"/> Pionus	<input type="checkbox"/> Roselias	<input type="checkbox"/> Others:			

UPCOMING SOCIETY EVENTS

December 2, 2007	Holiday Party
January 11, 2008	Meeting
February 8, 2008	Meeting
March 14, 2008	Meeting
March 29, 2008	SSEBS Bird Expo (tentative)

SUPPORT YOUR CLUB: COMMERCIAL ADVERTISING

Each commercial membership includes one business-card sized advertisement in the newsletter. Commercial members may also purchase additional ad space at the following rates:

One half page	\$50.00
Full page	\$87.50

Non-members may purchase ad space at the following rates:

Business card size	\$ 40.00
One half page	\$100.00
Full page	\$175.00

All ads run for a 12-month period. Send camera-ready artwork or neatly printed ad copy to SSEBS, c/o Pegg Bauer, 8008 Ellison Loop NW, Olympia, WA 98507 or to peggb@comcast.net. Copy and payment received by the third Thursday of the month will appear in the following month's newsletter.

Copy change during the current period will be considered on a case by case basis and additional charges – if any – will be determined at the time of request. All ads must be paid in full prior to being published. The SSEBS Board of Directors reserves the right to refuse any advertising it deems appropriate.

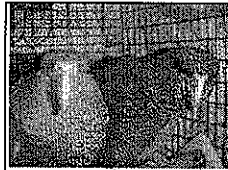
Questions? Contact Pegg Bauer at peggb@comcast.net.

Please note: As a society, SSEBS does not endorse the products or services advertised or discussed in its newsletter. SSEBS is not responsible for advertisers' claims or products.

Join !! SSEBS YahooGroup.

This is not a "chat group" as such (a "chat group" generally means that everybody is on line at the same time, "talking" back and forth by typing messages in real-time.) With a YahooGroup, e-mail messages are posted to the group which then distributes copies of the messages to the subscribers, depending on how they want to receive the message copies.

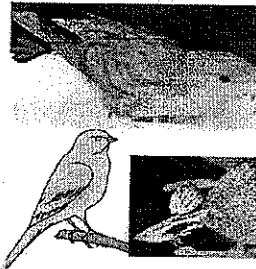
Go to <http://pets.groups.yahoo.com/group/SSEBS/>. You can join by clicking on the "join this group" button on the home page or by sending an e-mail message to SSEBS-subscribe@yahoogroups.com. Learn how the group works: <http://help.yahoo.com/l/us/yahoo/groups/original/members/> is the place to go.



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Puyallup, WA 98371

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email: asdhillon@wsu.edu

STAINLESS STEEL FENDER WASHERS
Stainless Steel 2: x 1/4" Fender Washers are only
\$.28 apiece at Manasquan Premium Fasteners
www.manasquanfasteners.com.
The 2" washers are not on the site.
To order, contact Bob at 800 542 1979 or
bob@manasquanfasteners.com

FOR SALE

Budgies, variety of colors, \$25 a pair or \$15 each

Mature breeders (these are not tame birds; some were pets but were set up for breeding):

- Male Double Yellowhead (proven breeder).. Was with older female that died of fatty liver disease.
- Male Yellow Nape (proven breeder). I sold his mate when they started fighting.
- Brotogeris species: White Wings, Yellow/Chevron Wing, and Orange chin.

Proven Pairs: Blue Front \$900; Red Lored \$900

Miscellaneous: I have 3 incubators to sell as a package deal. 2 Turnex (TX6) and 1 original Turnex. All are tested and ready to use. They hold heat very well. I have used the original Turnex as a hatcher/brooder, and the two TX 6s for incubating -- one is a backup in case the one running should fail (best to be prepared for all things). I have an extra brooder ring and extra egg carriers, 3 automatic turners, and dishes that I use for the hatcher/brooder. I also have new wick material for at least one more change. All three units with extras for only \$500.

Bamboo: you dig !!

Contact Smiles: 360-736-3973 (evenings)
sgermeau@yahoo.com

FOR SALE

PETS AND BREEDERS
GOODHART BIRD FARM
Shelton, WA 98584

360-426-6375

kegdharth@hctc.com

PET SITTING

Pet sitting services offered. Home visits for birds, dogs, cats, and small rodents. Price to be discussed depending on how many pets you have, how many visits per day you want, and your location.

Contact 360-455-0697
Sherylle: goffin90@yahoo.com

FOR SALE

Star Finches \$50/mated pair

Contact Linda James: 360-491-3216
jamesgang@thurston.com

Do you know someone who is interested in birds? If so, give the editor his or her address, and a complimentary newsletter will be sent.

COMMERCIAL ADVERTISING

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As a Society, SSEBS does not endorse the products or services advertised in its newsletter. SSEBS is not responsible for advertisers' claims or products.

SSEBS Officers and Committees

President	Leslie Simpson	360-426-3708
Vice President	VACANT	
Secretary	Pegg Bauer	360-866-4088
Treasurer	Pat Hill	360-357-7865
Members-at-Large	Jackie Cotrell	425-210-4036
	Barbara Ann Smith	360-491-2387
	VACANT	
Membership	Linda Morgan	360-705-0141
Public Relations	Carol Frink	360-352-9792
Publications	Pegg Bauer	360-866-4088
Ways and Means	Leslie Simpson	360-426-3708
Education	VACANT	
Affiliated Organization Representatives	VACANT	

Send any suggestions for meeting topics or specific speakers or programs to any board member.

A REMINDER: PLEASE NO BIRDS AT MEETINGS

Our contract with the Olympia Center requires that we follow its rule of no animals or birds at meetings unless a it is part of a speaker's presentation. This affects the SSEBS insurance policy.

The South Sound Exotic Bird Society is pleased to grant permission, upon written request, to other newsletters to reprint articles and features appearing in our newsletter. However, to preserve the integrity of the original article, we all articles and features must be reprinted in full, giving credit to the original author and date of publication. Individual authors may reserve the rights for reprinting their articles; please contact those authors for permission to reprint.

CLUB INFORMATION

- As a general rule, the first half hour of each General Meeting, from 7:00 to 7:30 pm, will be dedicated to socializing. The evening's program will begin at 7:30 pm, and the regular meeting will follow the program.
- For information, call 360/455-0697.
- The SSEBS mailing address is:
South Sound Exotic Bird Society (SSEBS)
P.O. Box 15014
Tumwater, WA 98511-5014
- Please use this address for all club correspondence except for items to be sent to the newsletter editor. Send newsletter correspondence to:
Pegg Bauer
8008 Ellison Loop NW
Olympia, WA 98502

FOR SALE, TRADE OR WANTED

2007 CANARIES FOR SALE:

Bronze, bronze variegated and chestnut Staffords
\$50 cocks, \$30 hens
Variegated cinnamon hens \$30

WANTED:

Opal or dominant blue canary hen. Will trade male spice finch for female spice finch

ALSO FOR SALE:

Hand reared pearl pied cockatiel \$75
Zebra and Society Finches \$12

Fine Feathers & Fins, 114 Miller Rd., Randle, WA 98377
news@lewiscounty.com 360 497-2160

Check out these sites:

www.Birdloveronly.blogspot.com/2007/09/may-i-have-this-dance.html

www.Parrotcarvings.com

MASH RECIPE

(FeedingFeathers@yahoo.com FeedingFeathers@yahoo.com)

1 cup purple kale
3/4 cup collards
1/2 or little more peeled orange with pitch
1/4 cup cranberries
1/2" fresh ginger
3/4 cup cauliflower
1 large carrot
2 black mission figs
1/2 ripe persimmon
1/4 cup fennel bulb
1/4 cup whole Brazil nuts
1/2 teasp. Bentonite clay
1/4 teasp. cinnamon

Mix/mince in food processor and stir in 1/2-3/4 cup slightly cooked spaghetti squash strands with seeds.

Add to:

1/2 cup lentils soaked and cooked
1/4 cup adzuki beans soaked and cooked
1/4 cup mung bean soaked and cooked
1/2 cup amaranth sprouted
1/2 cup quinoa sprouted
1/2 cup hulled barley sprouted
1/4 cup millet sprouted
1/4 cup kamut
2 TBS sprouted sunflower seeds

1/2 TBS flaxseed oil
1/2 TBS Red palm oil
3 Capsules Berry Green
1 capsule alfalfa

SSEBS Meeting Place

SSEBS meetings are held in Room 103 at the Olympia Center, 222 Columbia St NW, Olympia, WA 98501-8208. From I-5, take the Capitol exit, which comes out onto 14th Street. Follow 14th through the tunnel and turn right at the stoplight after you come out of the tunnel onto Capitol Way. Follow Capitol Way to State Street. The Olympia Center is just past this intersection on the left (light-colored 2-story building).

SSEBS is proud to be associated with:

- NORTHWEST EXOTIC BIRD SOCIETY
9594 First Avenue NE, #352, Seattle, WA 98115
<http://NWExoticBirdSociety.org>; Email: Info@NWExoticBirdSociety.org
Meetings on the third Thursday of each month
- THE WASHINGTON BUDGERIGAR SOCIETY
2126 Bedal Lane, Everett, WA 98208-2439
<http://mysite.verizon.net/resom1a2WBS1.htm>; Email: swanson28s@verizon.net
Meetings on the first Sunday of every month.
- THE BIRD LOVERS SOCIAL CLUB
Dimmitt Middle School, 12320 80th Ave. So., Seattle, WA 98178 (Renton area)
For information, contact: President Julie Corwin, 206-772-1730
Email: blconnection@hotmail.com; birdloverssocial@yahoo.com
http://www.geocities.com/bird_lovers_club/
Meetings on the third Friday of every month.

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Pegg Bauer, Editor
Newsletter address only:
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