SANDY’S STORY

AMBER TIMES CHECKS IN WITH ELSIE, ESTHER AND CARINA. THIS DEDICATED TRIO ARE ON A MISSION TO HELP OUR FURRY FRIENDS.

Sandy was found wandering at Tampines Industrial Park. She’s currently under the foster care of Esther, with Carina providing food and other necessities while Elsie takes charge of her medical needs. The three are the glue that make life truly worthwhile.

Dr Brian Loon

We also extend a warm welcome to Dr Geesow Low, who has a special interest in pocket pets and birds! Yes, my master’s clinic can now offer care to our feathered friends. Dr Low’s article guides us through the basics of looking after pet birds (page 10). Speaking of the new, we also delve into the use of acupuncture in treating pets (page 8).

As this fourth issue pulls at our heartstrings, the Amber Q&A section focuses on heart health – read the write-up on the facing page.

Till our next issue, remember to practice loving each other – engaging relationships are the glue that make life truly worthwhile!

ALSO IN ISSUE 03:

- Amber times can be picked up at our clinic and at the locations listed on the facing page.
- Visit our website: www.amber.vet
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AMBER TIMES CHECKS IN WITH ELSIE, ESTHER AND CARINA. THIS DEDICATED TRIO ARE ON A MISSION TO HELP OUR FURRY FRIENDS IN NEED FIND NEW HOMES. THEY ARE THE CAREGIVERS OF OUR COVER MODEL, SANDY. READ HER STORY WITH US.

Sandy was found wandering at Tampines Industrial Park. She’s currently under the foster care of Esther, with Carina providing food and other necessities while Elsie takes charge of her medical needs. The three of us believe in providing all rescued animals with an overall health check and updated vaccinations (if required) prior to re-homing. Sandy has undergone a health check, puppy vaccination programme and de-worming at Amber Vet. We’re currently looking for a forever home for her.

Sandy is very intelligent and is currently undergoing basic obedience training. She is usually the best dog in classes to master new commands. Affectionate and endearing, she loves socialising with humans and other dogs. Being a puppy, Sandy does need a bit of activity to stay stimulated – but she’s also fans tree and settles down quite quickly. She sleeps soundly through the night. We’re giving her a mixed diet of meat, vegetables, brown rice and puppy biscuits.

As with all dogs under our care, we look for responsible owners who keep their pets in suitable and safe environments. Adopters should also allow home visits by the re-homer both before and after adoption. They need to provide a suitable home and seek medical help if their pet falls ill. If the dog is still a puppy, sterilisation should be carried out at the earliest age – usually around the age of six months. Sandy is still waiting for her forever home as of 24 July 2014.

If you’re interested to adopt her, please contact Carina at renace.mr@ymail.com, or call 9405 8480.

Woo! What does it mean to love someone unconditionally? Humans debate this endlessly, but we pets really live it – through countless licks and cuddles, giving warmth and loyalty, protection and security. And yet I’ve seen heart-breaking cases of pets being abandoned when they can’t fit into their owners’ lifestyles. Many end up as strays or get sent to shelters, which are often already running at full capacity.

Animals that don’t get adopted (especially the sickly and impaired) usually end up being put down – a really sad but true fact. We can play our part in minimising such regrettable outcomes by being responsible owners and sterilising our pets. My master, Dr Brian Loon, and Dr Angela ‘Yang’ would like to reassure pet owners that sterilisation is a safe procedure when carried out by a qualified veterinarian (page 7).

Having seen too many cases of dumped cats and dogs, my master decided to devote this issue to them. We bring you the heart-warming story of my dear friend, Bami, who has found his new forever home (page 6). To make sure you’re ready for a pet in your life, we also flag the points you need to pay attention to when adopting or choosing a dog; we definitely don’t want to see any animal being returned to a shelter or foster a second time (see page 4)!
GETTING TO KNOW A DOG

Always approach a potential dog in an easy, non-threatening manner. Try to bend down to be at eye level when approaching a dog for the first time, as approaching them from a height may be seen as threatening to some dogs.

Observe the dog’s reaction to you and its surroundings closely. Does the dog immediately try to greet you? Does the dog appear to enjoy human affection and interaction? Or does it seem rather aloof or staid and perhaps to maintain some distance? This gives you some indication to the dog’s individual personality.

Some positive behavioural traits include taking an interest in its surroundings, showing curiosity and enthusiasm to explore the surroundings. The dog should also enjoy human attention and affection, respond when engaged and show an eagerness to play.

Watch out for negative behavioural traits. Rough play, such as pouncing or excessive mouthing may mean the dog is not suitable for households with young children and babies. Dogs that display separation anxiety, like excessive vocalisation (barking and/or crying) when left alone, should not be considered fit for families or individuals with busy schedules.

HEALTHY LIVING

A visit to the veterinarian is an essential first step in providing your adopted dog with the care to lead a long and healthy life. Find a veterinarian you can trust – one that refers to friends or neighbours who have pets. Bring along any health records and a stool sample. Briskly ask all questions you may have about dog care: how often should it eat, be bathed, have its nails trimmed and it’s ears cleaned?

A good veterinarian will be happy to answer your questions and give recommendations, and also plan a schedule of visits and vaccinations if needed. The dog should be checked for heartworm and other internal parasites. Obtain advice on canine first aid, and have a first aid kit prepared in your home, so you can respond to emergency situations and be prepared to handle them.

It is also a good opportunity to discuss dog food with your veterinarian. Most veterinarians recommend a good quality dry kibble food appropriate for each dog’s age and activity level. Establish a meal routine and feed at the same time once or twice a day for adult dogs. Puppies usually require feeding three times a day. A regular feeding schedule is especially important as it gives the dog a sense of security, supports house training and helps prevent obesity. Never leave food out for the dog to eat whenever it may wish, but allow free access to water. Offer the same amount of food at the same place each time. Don’t worry if he doesn’t eat much the first couple of days – dogs naturally tend to overeat than starve!

Regular exercise is as important as good dietary habits. It helps prevent obesity, and keeps a dog physically and mentally stimulated and satisfied. The amount of exercise varies, but a half-hour walk twice a day is a general rule to keep most dogs in decent shape.

High-energy dogs may need additional activity, like fetching games. Depending on the coat type, your veterinarian will recommend a suitable grooming regime. Use a quality dog shampoo, and a good brush. If practiced at least twice a week, your dog will be kept looking presentable. Grooming is also part of the bonding process, with dogs responding to their owner’s touch.

REFERENCES


To find out more, please visit ambervet.com/diagnostic.html

ALL-ROUND WELLNESS

All pets should receive a thorough annual health assessment with their veterinarian.

All pets should receive a thorough annual health assessment with their veterinarian. Together with a physical examination, diagnostic testing of blood, urine and stool will help you understand your pet’s health status, ensuring that any early signs of chronic diseases are detected and managed early.

Test Type Test Basic Enhanced Assure

Blood Tests

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Fecal Float and Smear

Diagnostic Imaging

Abdominal Ultrasound

Chest radiographs (3 views)

To find out more, please visit ambervet.com/diagnostic.html

W hat kind of dog is right for you and your family? Will a pet fit into your lifestyle? Do you have time and energy to train a puppy? Are you aware of the financial cost of keeping a dog? Have you decided on a particular breed? Be very certain that these questions have all been given due consideration before saying “yes” to adopting a dog. If you’re visiting a dog shelter, which can be an overwhelming experience, the decision-making process often becomes emotionally clouded. Don’t rush into making a commitment – a series of visits to evaluate the dogs is best.

WHAT KIND OF DOG SHOULD YOU ADOPT?

Primarily, dogs offer companionship. Do you require an active dog that will flourish in the company of kids, or a pooch with a gentle, placid nature who can sit quietly with an older person? Some larger breeds can also make suitable watchdogs or guard dogs, but may have aggressive tendencies and cause training problems. They often end up at dog shelters because their owners failed to train them properly and were unable to control them.

There are pros and cons in considering both puppies and adult dogs. If you are considering adopting a puppy, do read up on puppy testing exercises so that you can get a sense of the puppy’s personality.

Unlike puppies, adult dogs offer fewer surprises. What you see is usually what you get. The dog’s coat and size are fixed, and its personality fully developed. Mature dogs may be housebroken and have some degree of basic house manners. They have also outgrown the aggressions of adolescence. Be wary of dogs who panic, tremble in fear or urinate when approached – these are signs of inadequate socialisation, and may require professional behavioural training to integrate into your home.

In general, an animal should appear robust and healthy. Any discharge or foul odour from the dog’s eyes, nose or ears, any open sores or scabby areas, or a lack of energy or lethargic manner, may indicate poor health. A dull dry coat, bloated rib cage or constant scratching may be a sign of fleas, ticks, other internal parasites, or allergies. The adopter should note that dogs with the symptoms above may require medical care and be prepared to invest both time and money in this respect.

Seek the help and advice of the dog’s caretakers when evaluating personality. A well-balanced dog is neither too dominant nor too insecure.
**HEARTSTRINGS**

DON'T WE ALL LOVE HAPPY-EVER-AFTERS? AMBER TIMES BRINGS YOU THE HEART-WARMING STORY OF AN ABANDONED DOG WHO FOUND HIS FOREVER HOME. MEET KELLY LEE AND BAMJI.

TELL US HOW YOU FOUND BAMJI?
It was back in late September 2010 at Aljunied Crescent. I was walking towards my car one evening when I saw a dog wandering around the void deck looking lost and frightened. As I couldn’t bear to leave him unattended, I decided to take him with me. He did not struggle and let me carry him, but he was very smelly!

Despite my best efforts, no-one showed up to claim him. At the end of the year, I sent him for a check-up, vaccination and neutering. He had a few ailments that required medical attention: his left eye’s gland couldn’t produce enough tears to clear discharge, his left front leg was weak, which means he limps slightly, and his scrotal sac was semi-distended and required surgery to resolve. However, he has overcome all these disabilities. He went for a thorough body check-up and dental treatment at Amber Vet last year and now has a clean bill of health.

WHAT’S BAMJI LIKE?
He’s a lazy boy, and can fall asleep anywhere at all! I’ve taught him a trick: when I pat him and command him “sleep!” he will lay flat on my left shoulder to sleep. He’s mostly quiet, so I actually have him under my desk at my workplace, which is in a warehouse.

I get upset when I hear of pets being abused and abandoned. I promise you the experience is more than worthwhile!

I hope that you will consider adopting a pet. Please visit one of the many adoption events that are held regularly every weekend.

THOSE WHO ARE CONSIDERING GETTING A PET?
WHAT WOULD YOU LIKE TO SAY TO OTHER PET OWNERS OR ANIMAL LOVERS?

**AMBER FAQ**

**DR ANGELINE YANG AND DR BRIAN LOON**

ANSWER COMMON QUESTIONS ON STERILISATION.

1. **WHAT ARE THE BENEFITS OF STERILISATION?**

Obviously, there would be no unwanted litters once your pet is sterilised. Sterilisation also reduces the possibility of certain undesirable behaviours such as spraying or marking of territories (mostly in male animals) and mauling calls (for female cats). Your pet is also less likely to leave the house to look for mates - they may endanger their lives while doing so, such as falling from a high level especially for cats or get hit into traffic accidents. Sterilisation also prevents or reduces certain medical conditions and diseases from arising, such as mammary growths, ovarian or uterine cancer and pyometra (pus build-up in an infected uterus) in females, and enlarged prostate and testicular cancer in males. All of these conditions can be life-threatening.

2. **WHAT ARE POTENTIAL CONCERNS AFTER STERILISATION?**

As the procedure removes the sex hormones, the change can cause appetite to become unregulated and the metabolic rate to decrease. Hence, some sterilised pets have the tendency to over-eat and gain weight. However, if the amount of food given to your pet and its body weight are closely monitored, weight gain should be almost negligible. A small percentage of sterilised dogs may develop urinary incontinence after sterilisation, more so in female dogs. This does not usually cause a medical problem to the pet, but if it is severe and a problem for the pet owner, medications can be prescribed to control the condition.

Some owners are concerned of behavioural changes after sterilisation. Male dogs with urine marking or humping behaviour, and dogs and cats that are excessively hyperactive or vocal as they are looking for a mate, usually improve with sterilisation. Otherwise, sterilisation rarely results in negative changes in behaviour. Almost all dogs and cats retain their inherent “personality” after sterilisation.

3. **IS THERE ANY RISK INVOLVED WITH STERILISATION?**

Sterilisation is usually a day surgery and pets can go home the same evening. As anaesthesia is required, there is always a small degree of risk involved. To minimise these risks, pre-anaesthetic blood tests are recommended to ensure that the kidneys and liver are functioning normally to clear the anaesthetic agents from the body, and your veterinarian should practice a high level of anaesthetic monitoring of your pet’s vital signs during surgery. This ensures that in the low chance that there is any impending danger to the pet’s safety, changes in the vital signs will be detected, and appropriate actions will be taken to keep the pet safe. Younger animals are usually better candidates for anaesthesia because they are able to clear the anaesthetic drugs from their system swiftly. While older animals can undergo sterilisation and other surgical procedures, more care must be taken prior to, during and after the procedure to ensure their utmost safety.

4. **WHAT EXACTLY IS DONE DURING STERILISATION?**

**Spaying (Females)**

An incision is made on the midline of the abdomen. The incision length may range from 3cm to about 15cm in length, depending on the size of the animal.

Major parts of the reproductive tract (ovaries and uterus) are then removed surgically. Absorbable stitches are used to close the surgical incision, and sutures removal is usually not required.

**Neutering (Males)**

For cats: A small incision is made on the scrotum and the testicles are removed. No stitches are usually placed as the wound heals very quickly, and stitches may irritate the cat more.

For dogs: A small incision is made just above the scrotum. The testicles are surgically removed from this incision. The wound is stitched with an absorbable suture. No suture removal is usually required.

For all sterilisation procedures, the animal should receive appropriate levels of pain relief medication before, during and after the procedure, ensuring that they recover from the procedure in a pain-free and comfortable manner. The animal usually returns to normal behaviour within one to two days post-surgery, and the wound heals well within one to two weeks.

Many myths and irrational fears about sterilisation still exist amongst pet owners. If you have any questions and concerns about sterilisation, be sure to get them answered by your veterinarian before making a decision on sterilising your pet.

For more information and greater detail on sterilisation, we recommend the reading material available at www.veterinarypartner.com.
WHAT IS ACUPUNCTURE?
Acupuncture is the insertion of needles into specific points of the body to achieve a healing response. There are 14 classic acupuncture meridians along the body. The meridians can be thought of as highways where energy (Qi) flows, and usually follow the paths of nerves in the body. Several acupuncture points are located along each meridian. These points correspond with nerve endings or specific points in muscle.

IS THERE A SCIENTIFIC BASIS BEHIND ACUPUNCTURE?
It is shown that stimulation of acupuncture points results in stimulation of nerve endings. These nerves send signals to other nerves, the spinal cord and brain, and trigger the release of various hormones and other chemicals such as endorphins. The overall effects may include pain inhibition, dilation or constriction of blood vessels, and stimulation of the immune system, resulting in enhanced immunity and white blood cell activity.

While many aspects of acupuncture remain unexplained by western science, scientific studies have shown acupuncture to be effective in relieving the following conditions in humans and/or animals:
• Pain management
• Intervertebral disc disease / slipped disc
• Musculoskeletal disease, including arthritis
• Reproductive disorders
• Skin conditions
• Neurological disorders
• Anaesthetic emergencies

WHAT CAN BE EXPECTED DURING AN ANIMAL ACUPUNCTURE SESSION?
The veterinarian will first ask the owner some questions to establish the animal’s patterns of routine and behaviour. This is vital for arriving at an accurate TCM diagnosis so that the right treatment and acupuncture points can be prescribed.

The veterinarian will then perform a physical examination on the animal. This includes typically western analyses such as assessing heart rate, gum colour and abdominal palpation, and also TCM analyses like tongue and pulse examinations, and palpation of selected acupuncture points that relate to various internal organs. Based on the information gathered, a TCM and western diagnosis is obtained. This gives a more holistic picture of any imbalances in the body. A TCM treatment principle and acupuncture points are then formulated to harmonise these imbalances. The number of points may vary from as little as one or two to as many as fifteen to twenty, depending on the imbalances to be treated.

WHO CAN PRACTISE VETERINARY ACUPUNCTURE?
There is no specific registration required in Singapore or in most other countries for veterinary acupuncture, thus any qualified and registered veterinarian may be allowed to perform veterinary acupuncture. It does require an in-depth knowledge of TCM principles and acupuncture points and their associated effects. Veterinarians who have formal training, and ideally certification, in veterinary acupuncture will have the required knowledge, experience and skills in utilising acupuncture and TCM to safely and effectively complement western veterinary medicine.

Dr Brian Loon, Principal Veterinary Surgeon of Amber Vet, is currently undergoing an intensive one year certification in Veterinary Acupuncture by the International Veterinary Acupuncture Society (IVAS), and has experienced success in treating various ailments in dogs and cats with acupuncture. Dr Loon is expected to be fully certified in early 2015.

REFERENCES
www.ivas.org/about/learn VIDAS...
DIETARIES NEEDS

Pet birds in captivity are unable to forage for food that meet their nutritional needs, thus it is the responsibility of owners to feed their pet birds an appropriate diet. The majority of the diet should be a commercial pellet diet that has been formulated for the bird’s breed. While seeds are commonly sold as a staple bird diet, they should be fed only in small amounts. A seed-only diet does not provide adequate nutrition and can cause problems like obesity and fatty liver. A variety of fresh vegetables and fruit should also be offered daily.

If your pet bird is currently on a poor diet (e.g. a majority of seeds), do make the transition over to a pellet-based diet gradually. Many birds will refuse to eat if they are switched from their favourite “junk food” seed diet to healthy pellets and vegetable-based diets suddenly.

Note that the following foods are toxic, and should never be fed to pet birds:

- Garlic and anything containing caffeine or alcohol.

SELECTING AND POSITIONING A CAGE

Place the cage in a sheltered area, away from rain, heat and direct sunlight. Ideally, the cage should be situated at the hub of the family’s daily activities so that the bird can bond with the family and be socially involved. Ensure that the cage is large enough for your bird to flit its wings freely and toddle around comfortably. It will be a bonus if the cage or aviary allows your bird to make small flights within it. Cage bar spaces should be small enough to prevent escape or getting stuck between the bars. Make sure that the perch is adequately sized. You should also give it a variety of toys to keep it occupied and entertained.

HEALTHCARE

It is important that owners pay attention to the appearance and behaviour of their pet birds daily. As prey animals, birds are very effective at hiding signs of illness until they are very sick. Unfortunately, this delay in displaying symptoms makes it difficult for early detection, thus affecting timely diagnosis and treatment.

The following symptoms require immediate veterinary attention:

- Reduction in appetite
- Reduction in energy levels
- Not perching
- Not grooming itself, dirty feathers
- Ruffled feathers
- Unusual droppings
- Unusual appearance, e.g. cloudiness, discharge or crust at the eye or beak
- Weight loss
- Open-mouthed breathing
- Bleeding

Do establish a relationship with an avian-friendly veterinarian. Having a veterinarian who already knows of your bird’s medical history and temperament will go a long way in reducing the stress and facilitating effective diagnosis and treatment in an emergency.

Ensure that your bird is taken to the veterinarian in a calm manner. Do not move it abruptly and avoid sudden bright lights and loud noises during transportation as birds which are severely ill can collapse from shock. If possible, take your bird to the veterinarian in the cage that it is already living in. This reduces unnecessary handling. This also gives the veterinarian access to its droppings and allows analysis of its living environment. Cover the cage with a large towel to create a dark environment. You may cut some small holes to ensure that the cage is still ventilated. Stay away from cold winds and air-conditioning. Upon arrival at the clinic, inform the staff that you have a bird with you so that you can be directed to a quieter waiting area if there are boisterous or barking canine patients in the common waiting area.

HYGIENE ISSUES

You should bathe your pet bird using only clean, plain water. Bathing is part of their grooming routine in the wild. However, domestic pet birds who have never bathed in their lives may need a gentle and gradual introduction to the idea of bathing. You can offer your bird a large bath dish filled to the brim with water. Some birds love rolling in such baths. Other birds may prefer that you mist them gently. Avoid totally drenching them. Most birds do not need to be blow-dried, unless you notice that they are very wet and shivering from the cold, and do be careful if you are using a hair-dryer on your pet. Some hair dryers have heating elements coated with Teflon, which when heated and inhaled, can be toxic to birds.

WING CLIPPING

The practice of wing clipping is controversial. It involves the trimming of six to eight of the bird’s flight feathers to prevent it from taking flight, yet allowing it enough lift to land safely. The reflex instinct for a bird in flight is to take flight. Even though owners are usually mindful about not letting their pet birds escape, accidents can happen and some prefer to avoid the risk of having it fly away for good. A pet bird also risks being hurt in the process of getting away - there have been escapes who have taken flight and ended up being caught and severely injured in falling fans, doorways, window grilles and so on.Obviously, being in captivity all their lives lacks the skills to survive in the wild, and end up being malnourished, exposed to the harsh elements, or becoming prey to predators or bigger birds. For these reasons, wing clipping might be a good idea. Curtailing flight also allows for safe handling outside the cage, thus increasing the ease with which you can train and bond with your pet. Still, some birds do manage to fly with their wings clipped, while others have been known to sustain injuries by falling from height because of a poorly clipped wing. You should take your bird to an experienced veterinarian for its wing clip.

It is recommended that young birds are allowed to learn how to fly, grow their flight muscles and learn how to land safely before their wings are clipped. We acknowledge that birds in captivity are not part of their grooming routine in the wild. However, domestic pet birds in captivity are unable to forage for food that meet their nutritional needs, thus it is the responsibility of owners to feed their pet birds an appropriate diet. The majority of the diet should be a commercial pellet diet that has been formulated for the bird’s breed. While seeds are commonly sold as a staple bird diet, they should be fed only in small amounts. A seed-only diet does not provide adequate nutrition and can cause problems like obesity and fatty liver.

DETERMINING GENDER

Some breeds of birds are sexually dimorphic. This means that you can tell their gender from the appearance. For example, male budgies have blue ceres while female budgies have brown ceres.

On the other hand, many other birds like macaws, lories and conures are monomorphic, which means you cannot tell their gender from their appearance. These birds can be sexed via DNA testing, which involves either a feather or blood sample. Do contact a trusted avian veterinarian should you wish to find out the gender of your bird.

TAMING AND BONDING

Taming or bonding with a poorly socialised bird requires some patience, gentleness and consistency. Bonding with a bird is like forming a friendship with another human being; the more time you spend with them, the more they will feel comfortable with you and the more cooperative they will be with handling.

Start off with just “hanging out” with it by its cage daily. Do not take it out of the cage if it pans, flaps crazily or tries to bite the moment you approach it. Birds are very auditory and can sense the tones of our voices, so use this to your advantage by talking to it in a reassuring but animated manner. If it feels awkward, sing your favourite song to it. Sharing your meals with it helps it to sense that you are a part of its flock; this is best done with a bowl of fresh fruit that you can eat in front of it, offered little by little.

The first step towards handling your bird is to get it to “step up” onto your fingers. In front of your hand. This involves just patiently keeping your hand in front of its feet, and waiting for it to try stepping up. Some birds may need a little gentle nudging against their abdomen. A bird may “bark” or bite at your hand while stepping up; do not be alarmed as it is just testing the stability of your hand, and has no intention to actually bite. When your bird has successfully stepped up, praise it and reward it with a treat.

Birds respond very well to positive reinforcement, so praise it and offer rewards when you know that it is responding in the right manner. Once you’ve successfully trained your pet bird to step up, you can slowly train it to be comfortable with sitting on your hand outside the cage, and gradually learn to tolerate and enjoy being stroked.

FEATHER-PLOUCKING BEHAVIOUR

Some birds pluck their own feathers to make their nests during breeding season. However, feather plucking in a domesticated setting may indicate a health or behavioural problem. Any health problem that is causing discomfort or physical distress can cause feather plucking. Pollutane Beak and Feather Disease can also cause feather problems. Many birds pluck their feathers out of boredom, stress or frustration. Feather plucking pet birds should be brought to a veterinarian to rule out any health issues.

Check out Dr Lowe’s profile at ambervet.com/team.html.

Friend to the feathered

Dr Lowe graduated from the University of Sydney in 2010 and has been working in Singapore since. She loves all pets and is owned by Pascal, a rescued stray cat. In this feature, she shares the basics of bird care.
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