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At Groovy, we believe that prevention is always better than cure – and that nutrition is one key factor for healthy and happy pets. We believe that it is our responsibility to provide the best products that will make your furry babies jump and purr – and to share our knowledge with you.

Learn about the six essential nutrients for dogs and cats on page 8 – and the reasons why pets are good for our own health on page 14. Don't forget to check out our FOR THE LOVE OF PETS section for product recommendations that will keep your fur baby in the peak of health.

Despite all precautions and loving care, we all need to go to the doctor sometimes. Our dedicated veterinarians at the Groovy Vetcare Clinic are there for you seven days/week. Should your pet need help after clinic hours, please call our emergency hotline 0811-888-2490 for assistance.

On our YouTube channel Groovypet Jakarta Videos, we now have the Groovyvet Educational Series to inform you about common pet diseases, how they get diagnosed and treated, but also how you can prevent them.

For daily tips and recommendations on how to keep your pet happy and healthy, follow our Facebook pages groovyvetcare, groovypetshop, and groovypettransport. You can also find us on Twitter @groovypet and Instagram @groovypetjakarta.

Juda Adisusanto
Groovy CEO

We'd love to hear from you. Share your comments, feedback, and questions:

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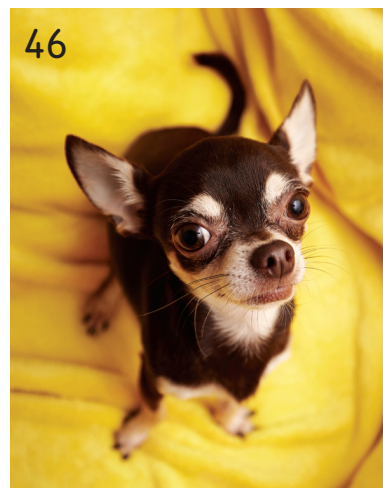


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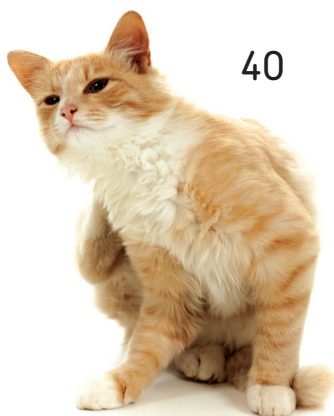


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PHOTO: MARIO ARDI, LET'S ADOPT! INDONESIA, SHUTTERSTOCK.

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JUST LIKE HUMANS, PETS REQUIRE FOOD AS ONE OF THEIR BASIC NEEDS. FOOD IS MADE UP OF SUBSTANCES CALLED NUTRIENTS THAT FUEL THE BODY AND PROVIDE ENERGY NEEDED FOR GROWTH AND TO MAINTAIN BODY FUNCTIONS.

By Wenchelle Joyce Gianatti, DVM.


Most high-quality, commercially available pet food contains all the nutrients that your pet needs. Your veterinarian is the best authority to talk to with regards to your pet's nutrient requirements and choosing the right food. But it's also important that we know a thing or two about the nutrients our pets need to grow and thrive. Listed below are the six nutrients that are essential for dogs and cats:

 **Water** is the most critical nutrient for survival. Without it pets will die within a few days; unlike from deficiencies in other nutrients, when cats and dogs can survive for weeks to months. A loss of 10% water can make them seriously ill, whilst about 15% water loss can oftentimes result in death.

Water comprises 60-70% of the animal's body weight. It is used for all body processes like digestion, absorption, nutrient transport, waste product removal, tissue building and repair, maintenance of body temperature, and many other functions.


Cats drink approximately 2 milliliters of water for every gram of dry food they eat. Whereas dogs will drink enough water to replace 6% of their body weight in one hour, cats will take 24 hours to do the same. While pet food (dry food contains about 12% moisture, semi-moist around 33%, and canned food about 78%) may meet some of your pet's water needs, it is important to al-

ways provide easy access to clean and fresh water.

 **Proteins** are the primary constituents of many body tissues, organs, enzymes, hormones, and antibodies, and are essential for growth, maintenance, reproduction, and repair. Proteins can be obtained from either plant (cereals, soy, brown rice) or animal sources (like chicken, lamb, beef, fish). However, animal-based proteins are preferred due to their complete amino acid profiles. Cats are strict carnivores (meat-eating animals) and thrive only on animal-based protein. Compared to dogs, they require more protein in their diet.

During the digestion process, protein is broken down into amino acid subunits. These are then absorbed and recombined to form the exact types of protein that the animal needs. Unlike dogs, cats can't make their own amino acid taurine (an essential amino acid only found in foods of animal origin), which helps prevent eye and heart disease as well as reproduction, fetal growth, and survival.

Unused proteins are not stored in the body to the same extent as fats and carbohydrates, hence there is no advantage to feeding pets more protein than they need. A lack or small amounts of protein in the diet can lead to metabolic disorders like muscle atrophy and weakness. An excess of protein in the diet can worsen pre-existing kidney disease, the primary organ responsible for excreting the waste generated by protein metabolism.


 **Fats** are the most concentrated energy sources for pets. They provide twice as much energy as proteins and carbohydrates. Fats are required in the absorption of fat-soluble vitamins (A, D, E and K). They are sources of essential fatty acids that are necessary to syn-




thesize sex hormones. They prevent skin and coat dryness. Lastly, they enhance food palatability.

Essential fatty acids must be provided in a pet's diet, because they cannot be synthesized by pets in sufficient amounts. Omega-6 and Omega-3 fatty acids are essential fatty acids that lessen inflammatory reactions in skin, joints, intestines, and even in the kidneys. Usually, the optimal ratio of Omega-6 to Omega-3 fatty acids in dogs is between 5 and 10 to 1.


Too much fat in pet food increases the likelihood of weight gain and obesity. A deficiency may result in reduced growth or increased skin problems.

 **Carbohydrates** provide energy for the body's tissues, promote intestinal health, and play a vital role in reproductive processes. The body can use carbohydrates immediately for energy (glucose) or store them in muscles or the liver or as body fat.

Fiber is a type of carbohydrate that helps regulate a pet's digestive system. It modifies the mix of the bacterial population in the small intestine, which can help manage chronic diarrhea.

 **Vitamins** play an important role in different bodily functions for your dogs and cats. Vitamins are divided into two groups: Fat-soluble (A, D, E, and K) and water-soluble (B complex and C). Fat-soluble vitamins are stored in body fat and the liver, whereas water-soluble vitamins are not stored in the body to a great extent.

Cats have additional vitamin requirements, as they cannot convert an amino acid Tryptophan to Niacin (a type of vitamin B). Therefore, they require additional Niacin in their diet. Also, cats require pre-formed Vitamin A because they are unable to convert beta-carotene (only present in plants) to Vitamin A (another example of the difference between dogs and cats).

 **Minerals** constitute only a small fraction of the animal's body weight, collectively making up only about 0.7%. They are mostly comprised of macro minerals, calcium, phosphorus, potassium and magnesium. Minerals are important structural components of bones and teeth, help maintain fluid balance, and play a role in many metabolic reactions. These nutrients cannot be synthesized by the pet's body and must be provided in the diet.



THE HEALTHY MUNCH

Because we consider our canine and feline companions as members of the family, it is important to plan their meals accordingly, even their snacks. Vigilance should be practiced in identifying which ones are good for your pet. Give your beloved pet a healthy snack with these options.

By Maria Zarah Gregorio Viado



PLAY WITH VARIETY

There are plenty of packaged snacks available in the market, however, it is wise to first read the labels to be aware of what you are actually giving your dog or cat.

❖ **Core® Superfood Protein Bars** are grain-free, gluten-free, tender bite-size bars made using balanced recipes which pair proteins and tasty superfoods.

❖ **Wellness® Petite Treats** on the other hand, are just the right size for small breeds. Available in a variety of flavors, these soft/crunchy snacks contain flaxseed which promotes a healthy, shiny coat.

❖ **Oven-baked Wellbars®** are also a good addition to a healthy diet for your pet pal, as are soft and chewy

❖ **WellBites®**, which combine two kinds of meat in every flavor.

These tasty treats are available at Groovy Pet Supplies and Services.

GO WITH FUNCTION

You can also supplement the diet of your four-legged friends with functional treats enhanced with beneficial ingredients that target the specific needs of your canine or feline baby.

❖ Trim the Belly

Choose treats, like Twistix Tummy Love, that are low in calories, high in fiber and contain L-carnitine.

❖ Oil those Joints

For older dogs, look out for glucosamine and chondroitin in the snacks you buy, like Smart Bones Hip & Joint Care. Those with vitamin E will also soothe and reduce inflammation in the joints.

❖ Boo to Bad Breath

Halitosis is bad news! Complement the regular dental cleaning of your dog with treats that have ingredients or textures to help beat plaque and tartar. The mint, chlorophyll or parsley in these snacks can also give your pet fresher breath. Try Virbac C.E.T. Veggie Dent Extra.

❖ No to Tummy Woes

If your pet pal has a sensitive tummy, try giving him/her treats that have soothing ginger and fennel, such as Twistix SensiBelly, extra fiber or probiotics/prebiotics.

You can also visit Groovy Pet Supplies and Services for more options.

AU NATUREL

Want even healthier snack alternatives? Some fruits and vegetables can also be given to pets.

❖ Raw or cooked Carrots

❖ Cooked, cubed or mashed sweet potato without butter or seasoning

❖ Lettuce, Squash, Spinach

❖ Apples without the core or seeds, Blueberries, Strawberries and you can also try Frozen bananas.



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Make dog (or cat) walking a daily bonding activity with your pet. Find out how this exercise can benefit you as well.

By Maria Zarah Gregorio Viado

Every pet owner should always reserve some well-deserved quality time with his/her furry baby. The best way to do this is by taking your dog or cat out for a walk. But before you head out the door, here are some things you need to know and consider so you can remain on top of the situation.

➔ LEARN FROM THE PRO

Animals especially dogs tend to have a lot of energy and they usually get excited when their PAWrents are around. When your pet is jumping around in excitement before you take him/her for a walk, you can use up some of this energy by playing fetch with him/her first before you go for a walk or letting him/her run around in the yard.

Renowned dog trainer Cesar Millan always reminds pet owners to be the pack leader. By being confident and keeping your head and shoulders straight, you are conveying confidence and setting the tone not only for your relationship with your pet, but for your walk. In addition, you should make your pooch follow you instead of the other way around.

Despite the often misconstrued visuals of dogs leading their owners in the movies, Millan advises owners to walk in front of their canine friends. This way, s/he knows you are the boss. Using a short leash and placing the dog collar at the top of the neck will help you more easily guide your canine baby. Setting a quick pace will make your furry friend more focused on the



walk and on you, so s/he will not be distracted by other things. Fast strides can also lessen your pet's tendency to pull or be drawn to other animals.

It is Millan's recommendation to set aside 30 minutes to an hour every morning to walk your pet. He stresses the importance of making this a daily habit as dogs need their quality time with you and if their needs are not being met, it will show in their behavior. Therefore it's also necessary



PHOTO: SHUTTERSTOCK.

to observe your four-legged friend for any behavioral changes.

When your dog behaves during the walk, you can give him a short time to relieve himself or play around. This will serve as his/her reward for being good however you will be the one to decide when play time is over. Millan asserts the need to lead even on your walk back and when you get home. Enter the house first and let your furry pal wait for you while you put away his/her

things. End this daily ritual by serving your baby a meal, which indirectly tells your pet s/he did a good job.

➔ KNOW THE BENEFITS

Like people, pets also need regular physical exercise. Here are some of the reasons why you should invest time in this worthy endeavor:

1 Regular walks make a healthier pet (and a healthier PAWrent). The physical exertion keeps you and

your canine or feline pal limber and agile. Plus, the exercise will aid both of you in keeping your weight in control.

2 It strengthens your bond and helps develop trust. Spending time together will make you closer to your furry friend and keep you more abreast with how s/he behaves. This activity will also teach both of you how to trust one another. And if your baby is a shy one, then these walks will expose him/her to other people and animals which can boost his/her confidence and provide him/her an avenue for much-needed socialization.

3 Goodbye undesirable behavior. If your dog or cat has way too much pent-up energy, a regular walk will serve to calm him/her down. In addition, the exercise will give your canine or feline baby something constructive to do rather than scratching the furniture. Time spent together also expresses your love to your pet, which can lessen any attention-seeking behavior such as barking or whining. It can also alleviate any restlessness especially during bed time.

4 Helps them go. Walking improves blood circulation in the body which may be beneficial in aiding your pet's digestive system and relieving constipation.

What are you waiting for? Reap the benefits every time you go out and enjoy a blissful hour with your pet.







Perfect Match: SIX REASONS WHY OUR PETS KEEP US HEALTHY

WE TAKE CARE OF PETS AND WELCOME THEM
AS PARTS OF OUR FAMILY. BUT DID YOU KNOW THAT OUR PETS
ALSO HELP KEEP THE DOCTOR AWAY?

By Rio E. Ridad, DVM

If we look back throughout history, our relationship with wolves started around the campfire during cold winter nights and onto our very own living room. The first humans realized the ability of the friendly proto dogs, who evolved from wolves, to read human gestures as subtle as a mere change in eye movement and how they closely pay attention to us. This set of abilities is the reason why humans kept them especially during hunting - to keep the predators away from the camps. Today, we mostly keep dogs to serve as warning systems, to bark at suspicious-looking strangers or mostly, to bark at anything.

Humans welcomed cats in their fields, as they served to keep away the rodents from consuming their grain harvest. The domestication of cats simply started when humans offered food as a reward for their help.

In today's world, we take care of pets not just to keep away those pesky

strangers and rodents. We welcome them as companion animals with delight and see our pets as part of the family. But did you know that our pets also help keep the doctor away? The following six reasons show us why pets keep us healthy:

REASON #1:

WEIGHT MANAGEMENT

It's better to walk a dog than to pay an exorbitant amount for a gym membership. Why? Research funded by the National Institute of Health showed that dog parents were less likely to be obese, compared to those who did not walk a dog. A dog's basic health need is to engage in daily exercise, which means that you have to get your butt off the couch and put that leash on your dog for a walk/run.

The *Journal of Physical Activity & Health* revealed in a 2011 study that dog owners were more likely to increase their minimum 150 minutes of daily exercise. A lot of research has

shown that dog owners, who regularly walk their dogs, tend to walk longer and faster than non-dog owners.

This sounds great, right? Both parties benefit from this daily activity: You lose the excess pounds, while your dog stays happy and healthy!

REASON #2:

REDUCED STRESS AND IMPROVED SELF-ESTEEM

Several big companies like Google, Amazon and Procter & Gamble have programs that allow their employees to bring their pets to work. Why? The employees, who bring their cuddly dogs, are significantly less stressed and perform much better with a greater sense of satisfaction at work. These research results were studied in the *International Journal of Workplace Health Management* and Harvard.

Just imagine this: You have a tough time dealing with your boss and insufferable colleagues and answer



countless emails. Then the dogs come with their fluffy heads and show their cute faces at you. You pet their heads and begin to smile. Suddenly, your anxiety diffuses and you start to feel better in a variety of ways. Sounds nice, doesn't it? You can suggest a "Bring Your Dog and Bring Smiles Everyday" program to your HR department and take away unnecessary emotional stress at work.

Several studies also found that owning a dog helps teenagers with increased feelings of belonging, self-esteem, and they tend to be less fearful. Well, it looks like dogs can be great for parenting, too!

REASON #3:

LOWERED BLOOD PRESSURE AND DEATH RISK DUE TO HEART ATTACKS

Studies funded by the National Institute of Health revealed that pet owners have lower blood pressure and heart rates, compared to non-dog owners. The results showed that by just petting a dog, the pet owners' blood pressure levels were lowered significantly.

People diagnosed with heart problems, like serious abnormal heart rhythms, and heart attack survivors, who own dogs, are also more likely to live longer than people with heart illnesses, who, unfortunately, do not have pets. In 2009, one research study found that cat lovers were 37% less likely to die of a heart attack than those who don't have a cat.

What is the reason behind these results? Dog and cat owners tend to walk more, have lower blood pressure and heart rates, and are less stressed than those who don't have pets.

A lot of studies have shown that even just watching videos of animals every

morning lowers your heart rate at rest and blood pressure. Personally, I allow myself every morning to cuddle cats on my chest - and their purring calms and soothes me. So anti-hypertension pill poppers out there: Grab your furry friends and tame that heart!

REASON #4:

PAIN RELIEF

In September 2014, a research done in a hospital showed that joint replacement patients, who were visited by therapy dogs, use 25% less morphine during their treatments, compared to those patients who did not interact with therapy dogs. Another study also showed the benefits of therapy dogs in hospitals in which patients, diagnosed with a chronic pain disorder caused by fibromyalgia, showed 23% less pain after petting therapy dogs, while waiting for their doctor's appointments.

Feeling pain lately? Hang out with your furballs at home and say "Sayonara" to pain!

REASON #5:

DEPRESSION BUSTER AND MOOD BOOSTER

Do you want to ward off the "Monday Blues?" Do you feel down in the dumps lately? Ditch that gallon of ice cream and just hug your furry friend instead. Pets are also known to help in fighting off depression. A University of Missouri-Columbia researcher investigated the hormonal responses of people, who talked and petted animals, when depressed. The levels of serotonin in the blood, a hormone that fights the "blues" in humans, increase after socializing with their pets, specifically dogs.

Another hormone, which seems to increase after interacting with pets, is oxytocin. Oxytocin is known as the

"mood booster, ultimate feel-good chemical." How can your brain release this chemical cocktail in your blood? Hanging out with your pet buddy is a simple and surefire way to release this hormone. Petting a dog on the head can boost the levels of both oxytocin and serotonin in your body and can also decrease levels of the stress hormone cortisol.

Grab your favorite pet at home and start kissing away the blues and stress!

REASON #6:

REDUCED RISK OF ALLERGIES, ASTHMA, AND ECZEMA

Scientists are still debating how animals boost the immune system. But it's possible that dogs bring in foreign pathogens that desensitize humans, especially infants, to allergens. Studies have revealed that, during infancy, exposure to pets or to a farm decreases the production of antibodies that may cause allergic inflammation, which causes asthma and eczema.

A 2008 study also showed that even when the baby is still in the womb, pet exposure lowers the allergic antibody production in the umbilical cord.

Parents: Don't be afraid to let your baby touch your pets. It's good for their health and their immune system.

Our Pet Love Story

As the benefits of pet ownership become clear, we have become as strongly affected by our relationship with pets as they have by their relationship with us. Thanks to those friendly proto dogs, who loitered around the campfire, and to the farm cats, who watched over the grain harvest, humans will always feel the bond.

High five to all pet lovers and cheers to our good health!

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HEALTHY
PETS

Healthy Family

Dogs and cats are faithful companions. Some people even have pets to substitute for children. Pet lovers know: our furry friends are not just a source of warm and fuzzy entertainment, but also help with the physical, social, emotional well-being of the humans around them. By Wenchelle Joyce Gianatti, DVM.



PHOTO: SHUTTERSTOCK.

Companion animals also play a vital role in children's social and cognitive development. As kids are inquisitive by nature, they often like to approach and interact with other children playing with a pet; the pet then serves as a bridge for kids to socialize with each other.

Hergovich et al. from the Institute of Psychology at the University of Vienna, Austria, for example, conducted a study in 2002 that examined the effects of a dog's presence in the classroom. The study looked at the children's

independence, empathy with animals, and the social-emotional atmosphere in the classroom. Forty-six first graders represented the experimental group and were compared to another class, without a dog, as the control group.

The results revealed that the presence of a dog fostered the development of autonomous functioning and better segregation of the self/non-self, which is the foundation for sensitivity towards the needs and moods of other people. Moreover, the children in the experimental group exhibited higher social integration. There were fewer aggressive children, compared to the children of the control group. In conclusion, the results indicate that a dog can be an important factor in the social and cognitive development of the children.

But despite all the benefits of pet ownership, did you know that Fido and Felix can also make you sick? Yes, you've read it right; pets sometimes carry germs that can make us sick. The illnesses that we get from our pets are known as zoonotic diseases. But don't worry, the more you are informed, the better you can protect yourself and your loved-ones from these diseases. So that you, your human and your four-legged family members can enjoy a long and healthy life together.

WHAT ARE ZOO NOTIC DISEASES?

Healthy humans are not likely to catch a disease from their pets. But it may happen in very rare cases. Pet-owning households with young children and people with weakened immune systems are at a higher risk of contracting some zoonotic diseases. This is not to discourage you to have pets, but rather to remind you to keep your pet and yourself healthy, as the benefits of having Rover and Kitty as

part of your family outweigh the risk of acquiring some bad bugs from them. Pet-borne diseases usually require very close contact with animals or their excretions.

SOME COMMONLY KNOWN ZOO NOTIC DISEASES FROM DOGS AND CATS INCLUDE THE FOLLOWING:

✖ PARASITIC INFECTIONS

The most common parasitic zoonoses, associated with dogs and cats, are caused by hookworms. The eggs of these parasites are shed in the feces of infected animals, which ends up contaminating the environment where they defecate. People become infected when the hookworm larvae penetrate unprotected skin, like when walking barefoot or sitting on contaminated soil or sand. This can result in a disease called cutaneous larva migrans, when the larva migrate through the skin and cause inflammation. Other common zoonotic diseases, caused by parasites, include roundworm infection, toxoplasmosis (read more about toxoplasmosis on page 36), and scabies.

✖ FUNGAL INFECTIONS

Ringworm is a skin and scalp disease characterized by a ring-shaped rash or bald scaly patch of skin. This fungal infection is commonly seen among puppies and kittens and can be transmitted to humans by touching an infected pet's skin, hair, or by touching their infected blankets, towels, or toys.

✖ BACTERIAL INFECTIONS

Cat scratch disease, as the name implies, is transmitted to humans through a cat's scratches when bacteria-infected flea feces contaminate the cat's claws. The illness causes fever and enlarged lymph nodes in humans.

An article written by Dr. Chomel (2014), a professor of zoonoses at the School of Veterinary Medicine, University of

California, Davis, stated that recent studies have shown that dogs fed with raw meat were more likely to shed *Salmonella* and *Campylobacter* in the environment and be a source of human contamination. These bacterial infections cause severe gastroenteritis in humans. Additionally, in a separate article by Dr. Chomel in 2011, human infection of *Pasteurella* spp. that were acquired after close contact with pets, including sharing a bed, being licked by, or kissing the pets, have been known to cause meningitis.

✖ VIRAL INFECTIONS

Rabies, caused by a virus, is a fatal disease for humans, which can be transmitted from an infected dog through biting and licking. According to an article by Putra et al. in 2013, rabies was first reported in Indonesia in 1884 and now occurs in 24 of the country's 33 provinces. The deadly disease had an outbreak in Bali, which started in 2008, and more than 130 people lost their lives. The best way to prevent Rabies is vaccination.

PREVENTING ZOOONOTIC DISEASES

The risk of infection from zoonotic diseases is reduced when good animal care and appropriate preventative measures are applied.

Here are some pointers to help prevent pet-borne illnesses, while keeping your family healthy:

- + Always make sure to keep your pets healthy by giving them well-balanced food, supplements, lots of exercise, and tender loving care.
- + Bring your pets for regular health check-ups at the veterinary clinic, such as the Groovy Vetcare Clinic. Make sure that any signs of disease in your pet are diagnosed and treated promptly by your veterinarian.
- + Always make sure that your pets

receive preventative veterinary care like vaccinations. Vaccinations protect pets against commonly fatal viral and bacterial infections. Puppies and kittens receive a series of immunizations starting from 6 weeks of age, while adults receive yearly vaccinations.

- + Always give your pets a broad-spectrum dewormer regularly.

Deworming pills (Pyraquantal, Univerm), pastes (Vitaminthe), syrup (Troy dewormer), chewable tablets (Heartgard) or spot-ons (Advocate) are available for use at the Groovy Pet Stores or the Groovy Vetcare Clinic (for locations, visit www.groovy.co.id). Consult with your veterinarian about the recommended frequency of deworming that will work best for your pet and his/her lifestyle.

- + Bathe and groom your pets regularly. This will help you to prevent skin problems and also help you detect some skin problems on your pet.

+ Keep your pets free from nasty ticks, fleas, and heartworm by regularly administering monthly medications, such as Frontline or yearly medication like Proheart (only available in veterinary clinics). Read more about tick-borne diseases and how to prevent them on page 38.

- + Do not let your pets (and yourself)

come in contact with stray and wild animals, as they are more likely to have diseases, which may infect your pets (and you!).

- + Wear disposable gloves or use poop bags to pick up your dog's feces and dispose the waste properly in order to avoid contaminating the environment.

+ Regularly clean and dispose cat litter and sand. Tip: Use a hooded litter box to better contain and avoid the scattering of soiled cat sand in order to prevent contamination in your home.

- + Regularly wash your pet's toys and beddings.

+ Never mix up your pet bowls and water dishes with your family's bowls and dishes. Always clean up directly after every use.

+ Always practice good hygiene around your pets. Wash your hands after handling your pets or any other animals, especially after cleaning their excrements, and even after touching their things, in order to avoid unintentional passing of germs to you.

+ Young children and immune-compromised persons should be discouraged from sharing their bed with their pets or regularly kissing their pets.

+ Keep your family healthy, so in the future you will less likely acquire pet-borne illnesses.



PHOTO: SHUTTERSTOCK.

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BEAT PET BOREDOM NOW!

Find out how you can help your dog or cat become a happier, healthier and better pet with mental and physical stimulation.

By Maria Zarah Gregorio Viado

Everybody needs to exercise their brain and body muscles every now and then, even pets. We may think everything is just play and frolic for our furry friends, but there is actually meaning and purpose behind their excitable and active behavior. Dogs and cats are actually very intelligent creatures, we just need to give them due credit.

And because of this, our pets, like humans, need to be mentally and physically stimulated. Otherwise they may get bored and show signs of lethargy, engage in disruptive and repetitive conduct, or just be overall naughty. Other signs of boredom or lack of mental stimulation may include odd behavior, such as excessive digging in the yard for your pooch or chasing after your ankles for your feline friend.

It is wrong to think that just because most pets are domesticated, they are

stripped of their natural instincts. Fido may be house-trained, but he still likes mental and physical challenge. Just as Felix needs to 'hunt,' even if it is within the confines of the house. Suffice to say that even if you shower them with your tender loving care, your canine or feline friend will require more than just your precious affections.

You can address boredom or attitude issues by being a vigilant PAWrent and ensuring your beloved pet has enough activities to keep him/her occupied, especially when you're not at home. Just like children, our furry friends don't like being left alone and may become lonely, if this is a regular occurrence. No, you don't have to pursue a career change or revolve your schedule around your pet. There are plenty of ways you can engage your babies, even if you're not home. Below are some tips and a variety of tools you can use to help you become the best PAWrent and accommodate the basic needs of your pets.

THE D SIDE (FOR THOSE WITH DOGS)

✓ TAKE YOUR POOCH FOR A WALK

Regular walking is good for dogs (and good for you as well) as it provides them the exercise they need to keep healthy. In addition, exposure to different surroundings will keep them occupied and help them maintain a good state of mind. Plus, walking allows you to spend quality time with your pet and that is something that your doggy baby will definitely appreciate.

✓ BRAIN AND BODY GAMES

Alleviate the separation anxiety your pet feels every time you leave him/her at home with brain and body games. These wonderful products allow your four-legged pal to work for his/her food with physical exertion and

extend treat time, while also mentally stimulating him/her. These great toys also have the added benefit of slowing down the feeding time of your pet.

Some products you can try include:

The Busy Buddy® Twist 'n Treat™ and the **Busy Buddy® Chuckle™** (both are available for Rp. 160.000 each at the Groovy Pet Stores) are ideal for both puppies and adult dogs. These toys are designed to hold a dog's curiosity and keep him/her occupied, which helps in fighting against boredom and distracts him/her until the time you come home.

The SafeMade Gimme Gummy (Rp. 110.000) and **Busy Buddy® Squirrel Dude™** (Rp. 100.000 – Rp. 150.000) are also designed to be stuffed with treats, so dogs can indulge in their natural foraging behaviors without making a mess of your home. Made of durable material, these also have the additional benefit of massaging your paw pal's gums and cleaning his/her teeth and are available at the Groovy Pet Stores.



✓ INTERACTIVE TOYS

Don't let your dog have all the fun. You can also take part in your pet's regular activities by opting for interactive toys that both of you can enjoy. Throw a Frisbee or play fetch in the yard, both stimulate your dog physically and mentally. Or pick up the **Air Disc Soft** (Rp. 130.000 – Rp. 150.000) and **KONG® Tails** (Rp. 190.000) at the Groovy Pet Stores.

✓ BE CREATIVE

You can also use creativity when feeding your pet to promote mental stimulation. You can put his/her food in different bowls and set them down in different areas of the house, so your dog can search for them.

THE C SIDE (FOR THOSE WITH CATS)

✓ CAT TREES, LEDGES AND SCRATCHING POSTS

Cats are nocturnal animals and if they become bored during the night, they may disturb you while you're sleeping and ask for some attention at inopportune times. You can address this by playing with your pet before bedtime or providing your friendly feline with a cat tree, different levels of perches or ledges as well as a scratching post, which s/he can discover and play with while you get your much-deserved sleep.

✓ TOYS, TOYS TOYS

Keep your purring pal occupied by leaving different toys around the house. This way, your cat will have something to do in every room and will prevent him/her from getting bored. Try these toys: **KONG Kitty Fuzz Bugs** (Rp. 90.000), **KONG Cat Wubba** (comes in varieties like Duck, Mouse, or Bunny, Rp. 110.000 - Rp. 115.000) or refillable **KONG catnip toys** (Rp. 90.000) from the Groovy Pet Stores.



✓ HIDE THE BOWL

Encourage exploration by dividing your pet's food into several bowls and hiding them in areas that your cat will pass. This allows your feline love to stimulate 'hunting' and allow him/her to explore the house while s/he does it.

✓ A GAME OF CHASE

If you can't take your cat for a walk, you can always engage him/her with a regular game of chase at home. You can use a fishing pole and tie a toy or any item to the end and have your cat chase you around the house. Aside from being inexpensive, this activity

will allow you to spend quality time with your paw pal.

✓ PLAY A VIDEO

Cats are very visual animals and like to observe moving things. You can mentally stimulate your paw pal by playing him/her a bird video or something similar to it. As long as there's movement, your cat will be transfixed to the screen for hours at a time. A lava lamp can also suffice.

✓ BIRD FEEDER BY THE WINDOW

If you opt for reality, you can keep your pet bird's cage by the window, so your

cat can watch Tweety. If you don't have a pet bird, you can install a bird feeder by the window, so your cat can engage in some serious bird watching.

✓ CALL A FRIEND

If you're out for most of the day, hire a pet walker or ask a friend or family member to visit your furry friend. This also goes for dogs. Letting your babies feel cared for and loved will help their emotional and mental state of mind.

By keeping your dog or cat mentally and physically stimulated, you are not only keeping him/her healthy, but you are also teaching him/her how to behave properly. Providing your dogs and cats with regular mental and physical stimulation will surely help them evolve into much calmer and happier pets.

However, it is also vital for your pet's health to spend some time with him/her. Take time out to have that warm snuggle and cuddle with your dog or cat. Spending time with your pet creates a stronger bond between the two of you and will also serve to relieve you of your own stress. Social interaction is very important to pets and your presence (and love) will definitely stimulate your furry friend in a positive way.



PHOTO: SHUTTERSTOCK

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DAVINA VERONICA

A DOG LOVER SINCE BIRTH, DAVINA VERONICA'S ACTIONS SPEAK LOUDER THAN WORDS: SHE IS THE CO-FOUNDER AND CEO OF **GARDA SATWA INDONESIA** AND ALSO SERVES AS AMBASSADOR FOR **THE WORLD WILDLIFE FUND (WWF) INDONESIA**.

By Andrea Deierlein

When Davina Veronica came to the photo shoot and interview at THE COVE Raja Ampat Seaforest in Kemang, South Jakarta, she carried a lot of bags. One big tote bag was for her dogs, Jowi and Mowgli, alone. She brought their breakfast (dog food mixed with rice, chicken, and vegetables), their food bowls, a big drinking bowl, and a bottle of water for them. A family pack of baby wipes and tissues peeked out of her purse. Like a mother traveling with a baby, Davina is prepared for all eventualities to make sure that her furry kids are comfortable and well taken care of.

The 36-year-old actress and model doesn't mind to get dirty and cleans up faster after one of her fur kids' potty accidents than you can take a tissue out of your bag. After ensuring that the food and water bowls are filled and easily accessible for Jowi and Mowgli, Davina could finally sit down for hair and make-up and a chat. "They are everything to me," she said. Her dogs are her babies, her kids, her life – and her schedule revolves around them. "I always talk to them. I don't know if they understand the language, but somehow they can feel me, they can understand me."

► LIFE WITH DOGS

Davina currently lives with five dogs: Jenna, a former street dog; Jowi, who used to be her sister's Shih Tzu; Mowgli, the

Schnauzer who used to belong to her friend; Milda, a former abandoned Shih Tzu; and Reno, the blind Shih Tzu she rescued from under a bridge.

A typical day starts at 6:00 a.m. with cuddles in bed, before it's time for a two-hour walk in the neighborhood between 7:00 and 7:30 a.m. "We come back to the house around 9:30 and 10:00 a.m., because we spend a lot of time in the park. They always play and don't want to come home." It doesn't matter where you are in the world, but when hearing this, parents with children and other PAWrents can easily relate to the "Okay, five more minutes, 10 more minutes, before we have to go home" universal concessions.

► DOGS ARE LIKE KIDS. THEY NEED A ROUTINE

In order for dogs to be balanced and happy, they need a routine – and Davina is very committed to her dogs' well-being. "We always sleep in the same room. We always have our walks together. I spend time with them in the park. I bathe them. I feed them."

Before she makes the decision to go out of town, she runs a whole mental check list to make sure that her kids' routine will not be disrupted during her absence: "It's so hard for me to decide whether I can go or not. Because I need to make sure that they are all right. That nothing changes for them



PHOTO: MARIO ARDI, MAKEUP: BUNLAY,
LOCATION: THE COVE RAJA AMPAT SEAFORREST, KEMANG.



"Dogs are amazing creatures, they have this unconditional love for us. They never ask anything of us. No matter how you treat them."

and their routine is still the same: the morning walks, their evening walks at 5 p.m., that there is someone in my house to keep them company. When I know that they are all right, I can decide to go. If they are not okay, I am not going."

Whereas for many dog owners, this level of commitment and dedication still seems like an insurmountable task, this kind of devotion comes naturally for experienced PAWrents. People, who are not animal lovers, even consider this way of thinking a bit excessive. But to Davina, it's part of her life and who she is.

▶ A WARRIOR FOR ANIMALS

Davina is very passionate about dogs, animal welfare, and the environment – and she fights for what she believes in. When she, for example, spoke about Indonesians' perceptions about dogs, she even got a little angry: "People need to know the character of a dog, because everybody here in Indonesia has the wrong perception of dogs."

To many, religion plays a big factor in how people view animals, especially dogs. Therefore, it's important that Indonesian celebrities like Davina, who is a Muslim herself, and Marcell Siahaan, who graced the previous GROOVY cover, serve as role models for the human-animal bond.

According to Davina, "We can always wash our hands and ourselves after dealing with dogs. But people look at them like they are monsters. Like they have a disease or something. I hate the way they look at dogs." As soon as she talks about dogs, her voice softens: "Dogs are amazing creatures, they have this unconditional love for us. They never ask anything of us. No matter how you treat them. They are so pure."

In her opinion, Indonesia needs to be awakened when it comes to animals, their welfare, and the environment. "We share the world together. Nature and animals can survive without humans. But, us humans cannot survive without them. So think about that. I think it's time for humans to respect them, to respect their existence. That they also belong to this earth and the earth belongs to them."

▶ WALKING THE TALK

Davina knows that action speaks louder than words. So she founded her own shelter and animal welfare organization, Garda Satwa Indonesia (GSI), and has been serving as WWF Ambassador since 2009. In her role as WWF Ambassador,

Davina experiences first-hand how the WWF addresses environmental issues and works on solutions for people in remote areas in Indonesia.

The world is an ecosystem. "Humans, nature, and animals – we are all in it together. But humans keep destroying the environment, nature, and the animals," she explained. "What I like about the WWF is that they are not going extreme. They don't say 'you cannot eat meat, you cannot do this, you cannot use this.' Instead they try to find a solution so that humans, nature, and animals can live in harmony."

Concerned about endangered species, such as Orangutans, Sumatran elephants and tigers, and their habitats, Davina started as a WWF volunteer, but then wanted to contribute more. "Every time the WWF asked me to go to conservation areas, I was always willing to go. At first, they tested me in a sense like they put me on trips where there was no sanitation. But I survived and I never complained, so that they could see that I really meant what I said and that I am really willing to help."

After seeing many acts of cruelty against dogs and cats, Davina decided to have her own organization. Garda Satwa Indonesia (GSI) is a non-profit specific for the welfare of domestic animals. GSI currently houses 30 dogs at the temporary shelter in Ciledug. While looking for the perfect dream shelter, GSI doesn't have a place for cats right now, but has built a foster network for felines in need.

Garda Satwa Indonesia follows a strict adoption process to ensure that the animal will be in good hands. "It is not just one night and you can get along with the pet. It's a process. We give you three weeks. If you can't get along with the dog or the cat, you have to return the animal to us. Any time there is a problem, we are always open for consultations."

As everything in life, this work of love requires a lot of patience and endurance. One of Davina's life philosophies is to take nothing for granted: "Life wasn't meant to be easy. It's a fight. It's a battle. You have to work on it. You have to do something. Life is a journey."

As journeys are meant to be traveled, and sometimes come with rough conditions, Davina knows that she must proceed in her fight for animals and hopefully serve as inspiration for others along the way.

MY GROOVY PET & I

Selfie with My Bestie



Yuli Tan & Oliver
(Samoyed, 5 years
6 months)

Maria Juliana
(Mayu) & Mojo
(Maltese, 4 years)



Pia Davira
& Mochila
(Maltese,
4 years)



Carol Khilton &
Minho (ShihTzu, 9
months) and Molly
(Shih Tzu, 3 years)



Nicole Wildner &
Snowflake (Chow
Chow, 2 years 6
months)



Catharina
Mahadi
& Lilybelle
(Samoyed, 3
years) and Artika
(Samoyed, 1 year)



Dhan Luddy
& Olaf (French
Bulldog,
2 years) and
Olin (Samoyed,
4 months)



PHOTO: SHUTTERSTOCK

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RAISING AWARENESS

FOR DOGS IN NEED

The Singapore Embassy organized a Dog Adoption Charity Drive on April 26, 2015, at SIS Bona Vista. More than 250 participants, including the spouse of the Governor of Jakarta, attended the event and six of the dogs available for adoption found loving forever homes. By Andrea Deierlein

It's not everyday that an Embassy initiates a dog adoption event. But as part of a series of events to celebrate Singapore's 50th anniversary, dog-loving Ambassador Anil Nayar and his wife wanted to give back to the people who help dogs in need. "Through the Dog Adoption Drive, the Embassy hoped to support Indonesian volunteers in helping shelter dogs. For the event, the Embassy worked closely with Groovy, the Singapore

International School (Bona Vista), Hope for Dogs, Let's Adopt! Indonesia, and the pet shelter of Jakarta. Ibu Veronica Basuki, spouse of the Governor of Jakarta, graced the occasion as Special Guest," said the Ambassador.

Anastasia Indra from Hope for Dogs was very happy to participate in the adoption day. "We received several adoption requests. The following weeks were the busiest for us with

selecting and visiting adopters. So far, Snowy, the Maltese; Ongcay, the Shih Tzu; Marchia, the Mini Pomeranian and Lely, the puppy, have been adopted, and Vinnie, another puppy, is now at a foster home."

While not every dog won the golden ticket for a loving home, the cute pooches were showered with attention, treats and plenty of opportunities to sniff and play. Dog lovers could play games with their dogs, learn about pet care from Groovy veterinarians, shop at the bazaar, share their knowledge and experiences. "It was wonderful to meet with many dog-loving families. We could spread awareness about helping stray dogs, finding them homes, and the importance of spaying and neutering," Anastasia said.

For Let's Adopt! Indonesia and their dogs, the event was "a fascinating one. Thanks to the event, we were able to meet new people and spread the word about animal welfare, especially dog adoption as an alternative to buying and breeding. We had so much fun!"

From the six dogs they brought to SIS Bona Vista, Pixie and Dwalin were adopted. Let's Adopt! intended to bring nine dogs, but Luna, Mylo and Talla found homes before they set their paws on the SIS school grounds.

Lois, Ester, Gina and Sam (Let's Adopt! Indonesia) as well as Berry, XinXin, Ciya, Belly, Phoebe and Virly (Hope for Dogs) are still looking for their forever humans. They are some of the many dogs that eagerly await a family of their own to share their unconditional love with.

To meet more dogs available for adoption, visit the Facebook pages of Hope for Dogs and Let's Adopt! Indonesia.

PHOTO: GROOVY DOC

Adoption Tale: *Jill*

Jill was found together with her brother, Jack, in a cardboard box in front of a supermarket. Both puppies were only a month old then. We promoted both puppies for adoption and not long afterwards, Jack was adopted by a family in West Jakarta.

By Let's Adopt! Indonesia

But it was a different story with Jill. Days turned into months and months turned into years. No one applied to adopt her. Soon Jill approached her first birthday. She was no longer a puppy, but not even a single person wanted to adopt her.

Her second year arrived, and still, no one asked about her. To most people, Jill was just another ordinary dog; a black dog and nothing was special about her. No one took longer than a minute to see that underneath the generic look Jill is a gentle dog. She is a little shy, but she is also curious, playful and loyal.

After almost three years of promoting Jill on our Facebook page, one e-mail came to us. It was from David and Lyn, an expat couple looking for a medium-size dog to be a part of their family, and Jill turned out to be the right dog for them!

Now Jill lives with David and Lyn in Kemang, South Jakarta. Everyday is a new adventure for Jill as she discovers new things during their morning walks. Jill sits with David and Lyn in dog-friendly cafes in Kemang, rides in a Bajaj with Lyn, picks her own snack at Groovy and makes friends with the dogs she meets on the street.

"Adopting has always been on my mind, since I know there are lots of dogs or pets out there who need a home. Since I became aware of puppy mills I have been discouraged in buying. Supporting it makes it also a cruel act to these animals," Lyn explained. "Our family life has become richer. Seeing her at the door jumping up and down, when she sees us makes coming home a whole lot warmer."

The family is going to leave Indonesia soon – and, of course, Jill is joining them in their new adventures. It warms our hearts to know that Jill has found her family.

Let's Adopt! Indonesia is an online community specializing in finding homes for cats and dogs in need. Please join our Facebook page and help us give new lives to animals like Jill.



Jill (after)

Jill with Mom

BRINGING *A New Puppy* HOME

Puppies are adorable. The fluffballs you see in your friend's house or pet shops might tempt you to have one of your own. The thing is, it is not always easy to raise one.

You need to be committed and spare some time to take care of a puppy.

By Yosefin Lingga, DVM.



Here are a few things that you need to do, if you bring a new puppy home:

1 HEALTHCARE: Bring your puppy to the vet for a health check and make vaccination plans. As your pup gets older, yearly check-ups are recommended. Watch out for any signs of illness like vomiting and diarrhea, sudden lack of appetite, lack of activity, crying/whining, etc. Ask your vet about what things to look for, if you are not sure.

2 NEW PLACE: The first time you bring your pup home, get her/him used to the new home. Let your pup explore and see the new things. The pup might cry in the first few nights, as probably it is the first time s/

he is separated from the mother and siblings. Give her/him a warm place to sleep to make her/him comfortable.

3 FEEDING: Pups need a lot of nutrients to grow. Feed puppy food 3-4 times daily and give plenty of water. The feeding time can be reduced to twice a day later, when your pup gets older and slowly transitions to adult food.

4 TOILET ACTIVITY: Train your pup to do her/his toilet activity in the first days with you. You will notice that s/he has this habit of sniffing and turning around before "going." Take her/him to the toilet area in the morning when s/he wakes up, before you sleep, after meals, and after naps.

5 DAILY WALK: This is important to keep your pup in shape, to see the outside world, and for socializing as well.

6 TRAINING: Teach your puppy to be obedient especially to you. This is important to strengthen your bond and to keep her/him under control in potentially harmful situations.

Your puppy might or most probably will make mistakes and this is absolutely normal. Be patient and consistent to guide her/him to follow your rules. Praise is more effective than punishment. Give plenty of love when your puppy does things right and s/he will definitely love you more than anyone else in the world.

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GET THE FACTS ON TOXOPLASMOSIS

Toxoplasmosis is a well-known infectious disease that can pass from animals to humans. Learn about this disease and the role cats play in it for your family's health. By Deasy Anellis Juwana, DVM

WHAT IS TOXOPLASMOSIS?

Toxoplasmosis is an infection caused by a single-celled parasite called *Toxoplasma gondii*.

TOXOPLASMOSIS IN HUMANS

For people with healthy immune systems, the clinical signs are usually mild, comparable to mild 'flu-like' symptoms. But Toxoplasmosis can be severe for certain 'high risk' individuals with impaired immune systems, such as babies and young children, elderly people and pregnant women. For this group, infections can be associated with severe illnesses from birth defects to problems affecting the nervous system and eyes.

TOXOPLASMOSIS IN CATS

Although a *T gondii* infection rarely causes disease in cats, signs of illness can sometimes be seen and can include fever, loss of appetite and weight, lethargy, pneumonia, eye inflammation, hepatitis, neurological signs, lymph node enlargement, vomiting and diarrhea as well as muscle pain.

Outdoor cats and active hunters are at higher risk, as are cats who eat undercooked or raw meat. Between 20-60% of felines are infected with *T gondii*; few will ever show clinical signs. Once infected, an animal will probably remain infected for life with the virus dormant.

TOXOPLASMOSIS TRANSMISSION

Once *T gondii* establishes infection in the intestine of a cat, it will also disseminate throughout the body. Other warm-blooded mammals, including humans, can act as intermediate hosts and can become infected, but never produce oocysts. Infection can be acquired through ingestion of an oocyst passed in a cat's feces, undercooked or raw meat.

If a pregnant woman is infected with *T gondii* during pregnancy, there is a risk that the infection may spread to the unborn fetus.

PREVENT *T GONDII* TRANSMISSION!

- ❖ High-risk individuals should not handle a cat's litter tray.
- ❖ Empty litter trays DAILY, wash them with soap, and wear gloves.
- ❖ Dispose cat litter safely. Don't dump it in the garden.
- ❖ Cover children's sandpits, so cats won't use them as a litter box.
- ❖ Feed only cooked or commercial cat food to your cat.
- ❖ Wear gloves when gardening.
- ❖ Wash your hands, fruits and vegetables thoroughly.
- ❖ Clean all food preparation surfaces and utensils with detergent and hot water.
- ❖ Only drink filtered or boiled water.

PHOTO: SHUTTERSTOCK.

Research indicates that owning a cat and contact with cats does not increase the risk of T gondii infection in humans

A CAT'S EATING BEHAVIOR



BETWEEN 10 TO 20 MEALS/DAY.

Cats eat a lot of small meals. In the wild, they capture small prey, which they eat several times/day. Domesticated cats will retain that habit and divide their food, so as to eat 10 to 20 times/day. You have to assess and adapt the daily portions, based on your cat's lifestyle and physiology, to avoid any risk of obesity. Even well-fed cats will enjoy hunting, a particularly beneficial activity for their health and well-being.

NO TALKING AT THE TABLE!

Cats can only display normal feeding behavior in a safe environment. Food must be placed in a quiet place, away from transit areas, and as far from the litter box as possible. Total darkness can stop cats from eating. A stressed cat will often refuse to feed, even if the food is really appetizing.

A FAN OF NEW THINGS.

Cats are spontaneously attracted to new food. This natural tendency (neophilia)

helps carnivores diversify their food for good nutritional balance. Neophilia is more pronounced, if the new food is really appetizing, or served in smaller quantities. They may eat more for a short time after a food change: so keep an eye on your cat's weight. Sometimes, a cat will refuse new food, simply because s/he is rejecting a new thing (neophobia). This happens especially

**ANY SUDDEN
CHANGE IN DIET CAN
CAUSE DIGESTIVE
PROBLEMS!
TO AVOID THESE
PROBLEMS, IT IS
RECOMMENDED THAT
YOU INTRODUCE
ANY NEW FOOD,
GRADUALLY.**

when the animal is stressed in new environmental conditions: for instance a kitten who has just been separated from the mother. When a certain type of food becomes associated with an unpleasant experience, like illness, hospitalization, or boarding, cats can also develop the feeling of aversion, and refuse to eat this specific food for a long time.

DO CATS HAVE FOOD PREFERENCES?

There is no accounting for taste... for cats as well as humans! Certain preferences are innate. Others are acquired through time and experience. Although cats are not real gourmands (their sense of taste is not highly developed), they have the reputation of being more difficult than dogs.

CATS DEFINE THEIR FOOD PREFERENCES BY THREE MAIN CRITERIA:

- Sense of smell
- Appearance and texture
- Digestion

To be completely suited to a cat's needs, the food must suit the cat's lifestyle (outdoor or indoor), breed, and hormonal status.



THE TICK THREAT NIGHTMARE IS REAL



You are having the most relaxing time on the couch petting your sleeping puppy. Suddenly, the dog leaps off the couch, goes into the corner of the room and scratches his body with all his energy. You approach your dog and as you are about to comfort him, you start to crazily scratch yourself. You take a closer look and it's a fiesta of small and red bumps with ticks sticking onto the skin.

By Rio E. Ridad, DVM

➤ WHAT ARE TICKS?

Ticks are insects that are present throughout the world. They survive by feeding on a blood source like mammals, birds, and reptiles. In their active stages, they bite to acquire blood as a source of nutrition and, in the case of adults, for good reproduction. A lot of mechanical processes are involved when a tick bites you and your pet. Salivary secretions contain tick-borne blood parasites and ultimately complete the complex tick-host parasitic interaction.

Southeast Asia countries have about 103 species of ticks and possess 12,596 of the world's recognized tick fauna. Among the known veterinary

PHOTO: SHUTTERSTOCK.

ASK YOURSELF: DO YOUR PETS NEED ANTI-TICK & FLEA SPOT-ON?

By Rio E. Ridad, DVM



It is a quite fun, but not an easy feat to take care of pets in a tropical country. Tick and flea exposure is high and these pests are known to transmit a lot of infectious diseases.

You can find a lot of anti-flea and tick products in the market today. But Effipro® is a product that can kill ticks, adult fleas and eggs. Effipro® is safe around cats, waterproof, and absorbed by the skin. Visit the Groovy Pet Stores and Vetcare Clinic to learn more about Effipro®.

When selecting flea and tick control products, ask yourself the following questions to make the most informed decision what to give to your pet:

1. Is my pet exposed to ticks?

Yes, if your pet goes outside the house, s/he will be exposed to ticks and diseases carried by parasites.

2. What products can I use to protect my pet from fleas and ticks?

Products containing Selamectin, Fipronil, Amitraz and Pyrethroids are usually used to control ticks and fleas. Always consider tick control efficacy. Fipronil is toxic to insects by contact alone.

Get a product that can kill both adult fleas and eggs. There are products that only prevent the flea eggs from hatching or larvae from completing their life cycle.

3. Is my pet social?

Your pet's exposure to fleas increases, if your pet is social, like going to the park, grooming shops, and even in your own backyard. Stray cats carry fleas into your yard.

4. Does my pet swim or get bathed at least once every two weeks?

Choose a product that is still effective after exposure to water and soap. "Waterproof" spot-on insecticides need 1 day to be absorbed by the skin in order to be effective.

5. What is a safe product for my cat?

Pyrethroid or Amitraz-containing products used on your dog can be toxic to your cat! Just allowing your cat to rub against your recently treated dog can be toxic. Fipronil-containing products are specifically labeled for cats.

If your pet is less than eight weeks old, ill, or pregnant, some products are not safe to give. Always read the label for age and health restrictions before applying them onto your pet.

Choose the best product for your pet based on your concerns and the advice of your veterinarian. Being proactive and smart with your pet's health allows you to enjoy more sunny years together!



VET'S CORNER

significances of these ticks is the potential to transmit different diseases to both pets and pet owners.

➤ WHAT ARE TICK-BORNE DISEASES?

Lyme disease is caused by a bacterium *Borrelia burgdorferi* s.l., transmitted by the deer tick through bites. This disease can cause limb stiffness, lameness and swollen joints, loss of appetite, fever, and fatigue. While some dogs will test positive for specific antibodies in endemic areas, not all infected pets will develop clinical signs until several months after infection. Therefore, it is recommended to base the diagnosis on both clinical signs and serologic testing.

Canine babesiosis is caused by *Babesia* spp, which multiplies inside the red blood cells. A serious disease in both cats and dogs, it is transmitted through the bites by the American dog and brown dog ticks. You'll notice pale gums and lethargy in your pet due to hemolytic anemia caused by the destruction of red blood cells. Hemolytic anemia is the result of direct erythrocyte injury caused by multiplying parasites. Most dogs with babesiosis will show a low number of platelets that may lead to bleeding. Other clinical signs include fever, vomiting, pink colored urine, and enlargement of the spleen.

If you have a puppy infested with ticks, s/he can be more prone to babesiosis, which may be fatal, if left untreated. Remember: Anemia will cause low saturation of blood oxygen, which can complicate kidney and liver functions and may lead to systemic inflammatory disease.

Another tick-borne disease in dogs is *Ehrlichiosis*, caused by an infectious bacterium, which resides inside the

white blood cells. Ticks like the brown dog tick, the Lone Star tick and the American dog tick are the main transmitters.

The infectious *Ehrlichia* spp., also known as canine typhus and tracker dog disease, is commonly seen in tropical countries like Indonesia and causes severe clinical symptoms, especially in infected German Shepherds and puppies. A key sign is the low number of platelets. Some infected dogs will show fever, depression, weight loss, runny eyes and nose, nose bleeds and swollen limbs.

Canine Anaplasmosis is also called dog tick fever. This infection attacks the white blood cells. Your pet may show fever, loss of appetite, stiff joints, and lethargy. Some affected dogs may exhibit vomiting and diarrhea. In very severe cases, dogs may suffer seizures.

Canine hepatozoonosis is caused by the protozoa parasite *Hepatozoon* spp., which parasitize white blood cells of the host animal. This disease is transmitted by ingestion of an infected brown dog tick when they groom themselves. Your furball cats can also be susceptible to *Hepatozoon* spp. infection. Clinical signs include fever, emaciation, lethargy, anorexia, swollen lymph nodes, pale mucous membranes associated with anemia, and muscle pain.



➤ STOP THE SPREAD OF THESE TICK-BORNE DISEASES

Look out for any of these clinical signs in your pets like fever, gait abnormalities, such as stiffness, dragging the hind limbs, incoordination and inability to rise accompanied with muscular pain, and eyes with thick ocular discharges.

➤ PRODUCTS TO KEEP YOUR PETS FROM GETTING A NASTY DISEASE FROM TICKS

1. FRONTLINE® (Spray and Spot-on)

This effective product contains Fipronil and is safe to use on pregnant, lactating dogs and even in puppies and kittens from two days of age. **Frontline** can control ticks for 4 weeks in dogs and cats. To be truly effective, it must be applied every month. This product also controls fleas, is easy to use, and to apply on your lovely pets.

2. REVOLUTION® (Spot-on)

This easy to use product contains Selamectin and is safe for puppies and kittens from 6 weeks of age. **Revolution** can control ticks, fleas, heartworm, ear mites and sarcoptic mange in dogs and cats. Apply this oil-based product on the skin, on the scruff of your pets every month for fantastic prevention.

3. EFFIPRO® (Spot-on)

This product contains 10% Fipronil and is safe to use on puppies >2 months of age with a body weight of > 2 kg and cats >2 months of age with a body weight of >1 kg. It's efficacy against fleas lasts for up to 8 weeks in dogs and against ticks for up to 4 weeks in dogs and up to 2 weeks in cats. Anti-tick and fleas spot-on must be applied every month.

All products are available at the Groovy Vetcare Clinic. Visit www.groovy.co.id for more information.

Your FAQs About PET RELOCATION ANSWERED

Choosing an agent to help you with the arrangements of transporting your pet is a matter of trust. Since its founding in 1997, Groovy Pet Transport has imported and exported more than 10,000 cats and dogs. Below we answer the most common questions people ask us when it comes to pet transport. By Theresia Tokarso



WHAT TRAVEL DOCUMENTS DOES MY PET NEED?

The required documents vary by each country of origin and destination. You need to allow enough time to prepare all the documents. We recommend that you contact Groovy Pet Transport, at least seven months before the departure date.

The required documents may include:

export / import permits, shipping certificates, microchips, and blood tests.

WHAT ARE THE TRAVEL CRATE REQUIREMENTS?

The pet container requirements are defined by the International Air Transport Association (IATA) Live Animal Regulations. Pets must be able to stand*, turn around, and lie down comfortably. When buying crates, make sure the crates are certified for

air travel and meet international safety standards.

**(without the head or the tip of the ears touching the roof)*

IS IT SAFE TO TRANSPORT MY PET BY PLANE?

Yes, transportation by plane is the safest and fastest way to transport pets. But the total journey time should be as short as possible to minimize stress on the animal.

PHOTO: SHUTTERSTOCK.

PAWTROTTERS



HOW DO I CHOOSE AN AIRLINE?

Look for the best connections to your final destination. To minimize the stress on your pet, keep the total travel time as short as possible. Many owners prefer their animals to be on the same flight with them. So when booking your own flight, make sure that the airline can also accommodate your pet's needs.

CAN MY PET TRAVEL IN CABIN?

Depending on the airline, some furry friends may be allowed to travel in cabin. When flying with Lufthansa, for example, they must not exceed 8kg (incl. the weight of the carrier) and have a passenger ticket.

HOW MUCH TIME IN ADVANCE DOES MY PET NEED TO CHECK-IN?

You want to keep the timeframe between check-in and departure as short as possible. If your pet flies as manifest cargo, the pet should arrive at the cargo warehouse four hours before the airline office closes. If your pet flies as excess baggage, please make sure to check-in your pet two hours before the flight.

WHERE DOES MY PET WAIT FOR BOARDING?

Pets stay comfortably in their travel crates before boarding.

If your pet travels as excess baggage, s/he will stay in the terminal check-in counter until it's time for boarding.

If your pet travels as manifest cargo, s/he will be handed over to the airline at Jakarta's Soekarno Hatta International Airport, where s/he will wait in a special monitored storage (pet shelter) area, until transfer and loading to the aircraft.

IS THERE IN-FLIGHT SERVICE FOR MY PET?

When pets fly in the plane's freight compartment, no one will access them during the flight. But because all travel crates must have attachable water bottles and dishes, water is available whenever your pet is thirsty.

Usually, the lights are switched off in the freight compartment, so that your pet can get some rest.

WHAT SERVICES DO YOU PROVIDE FOR PET EXPORT / IMPORT?

We provide export / import documents and can also help you get the documents that are needed in the destination country. We can do the transporting from your house to the airport or from the airport to your house. We also have a special entry pass for the airport, which allows our staff to enter the passenger terminal.

We do the handling for cargo shipments and book the airline space for your pet. We also provide the supplies needed for travelling, like the crate, and our Groovy Vetcare Clinic can provide the health checks and treatments, if needed.

Should you arrive after your pet or you need to leave Indonesia before your pet's travel date, we can take care of your pet at the Groovy Boarding Kennel.

ABOUT GROOVY PET TRANSPORT

Groovy Pet Transport was founded in 1997 and is a government-licensed company. Since 1997 we have exported and imported more than 10,000 dogs and cats. We were the first company in Indonesia to provide pet relocation services and have the most experience in pet shipments.

Our primary goal is your pet's wellness and we care for each of our client's pets as if they are our own. Compared to other Pet Transport companies in Jakarta, we employ the largest number of staff and have specially trained Pet Transport consultants and ground handling staff. We are also a member of IPATA, the International Pet and Animal Transport Association.

Groovy Pet Transport is a division of the Groovy company. Groovy also has a Vetcare Clinic, four Pet Stores throughout South Jakarta, a Boarding Kennel and a Pet Taxi service.



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THE WAY To MOVE

Make moving a hassle-free experience (for you) and your beloved pet. By Maria Zarah Gregorio Viado



Plan of Attack

Consider everything that you will need to do to ensure a smooth transition for you, your family, and your furry pal.

📍 Part of planning will be to scope out your new place. Check the neighborhood, find out if it's a good area for pets; ask yourself, will this be enough space for my entire family (including my pets)?

📍 After choosing a suitable new home, approach the task of packing your house with care. Start putting away things in rooms which your pets do not frequent, so you do not alarm them. Once you start to tackle common rooms, such as the living area, bring

your dog or cat to a safe room where you can surround them with their own things (more on this in the next step).

📍 Involve your chosen pet shipper from the beginning. This way, they can assist in securing the needed requirements/documents as well as ensure that your dog or cat will have everything s/he needs for the trip.



Period of Adjustment

Pets need a period of adjustment, especially if you are planning to ship them or take them on a road trip. The best way to do this is to acclimate your pet slowly. You can start by placing their food inside their crate or cage and leaving the door open. Once they are comfortable with this, you can eventually take them on short rides to the park or just around the block.

This period of adjustment is also important when you get to your destination. Slowly accustom your pet to his/her new surroundings by introducing him/her to the new house room by room.

Choose the Right Pet Shipper

The right pet shipper will make sure your four-legged family members get to your new home safe and sound. Plus they will secure the needed documents and prepare your pet physically for the trip.

Choose one that is:

- 📍 Government-licensed and a member of IPATA (International Pet and Animal Association)
- 📍 Provides quality care for your beloved furry pals
- 📍 Has access to pet relocation specialists as well as goods and services, including airlines and quarantine operators in more than 80 countries
- 📍 Provides easy door-to-port, port-to-door, or door-to-door services

In Indonesia, choose a pet shipper that delivers on its promise. **Groovy Pet Transport** will care for and transport your pet like s/he is a part of the family. To contact Groovy Pet Transport, send an e-mail to transport@groovy.co.id or visit their Facebook page, [groovypettransport](https://www.facebook.com/groovypettransport).

PHOTO: SHUTTERSTOCK.

PAWTROTTERS



Keiko Nakazawa
& Mona (Border
Terrier, 12 years)

DESTINATION:

JAPAN

For 18 years now, Groovy Pet Transport has helped with the relocation of 10,000 dogs and cats from all over the world. In this GROOVY issue, we would like to introduce two of our clients who moved from Indonesia to Japan.

By Theresia Tokarso

Kazuha Nakahara & Indy (Bichon Frise, 13 years)

Indy is a 13-year-old Bichon Frise, who was a regular at Groovy. He moved to Japan in December 2014 and now enjoys listening to music and jumping a lot. We also heard that he also now likes to wear in-room socks to avoid the slippery floor in his new home.

☑ Where did you live in Indonesia?

Lippo Karawaci, Tangerang

☑ How long has Indy lived in Indonesia?

2.5 years

☑ When did you leave Indonesia?

In December 2014

☑ Where did you move to?

Osaka, Japan

☑ With what airline did Indy travel?

All Nippon Air (ANA)

☑ What is Indy's favorite activity in Japan?

Taking a long walk around the park and neighborhood (20 minutes per walk) three times a day :)

☑ What was Indy's favorite activity in Indonesia?

In-room walking and meeting his favorite doctors & staff at Groovy, of course :-)

Keiko Nakazawa & Mona

"I would like to say thank you to Groovy Pet Transport and especially Pandi for the services. Without their support, I couldn't have gone through the quarantine and transported Mona safely to Japan.

☑ How many times has Mona travelled?

This is the third international flight for Mona, since she was born in Kenya. She came to Jakarta with JAL (Japan Airlines) in 2007 and stayed in Jakarta for eight years. She flew back to Japan with ANA (All Nippon Air) in May 2015.

☑ How long was Mona's travel time for this trip?

It took 22 hours from our Jakarta home to the last destination, Kumamoto City.

☑ What are Mona's favorite activities?

Both in Indonesia and Japan, Mona's most favorite activity is walking outside. She looks very happy and lively while walking the streets to see and smell not only the earth, but also the air and leaves, which change from time to time.

PHOTO: GROOVY DOC.

GROOVY PET TRANSPORT

INDONESIA'S FIRST ANIMAL RELOCATION
SPECIALIST



📍 More than
10,000 dogs
and cats exported
and imported
since 1997

📍 One-stop-
point for Vetcare,
Pet Supplies
& Grooming,
Boarding, Pet Taxi

📍 Member of



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ASK
THE
EXPERT:

Canine *Emotions*

Dogs express their feelings more through body language than facial expressions. A wagging tail and friendly grin are invitations to approach and perhaps make friends. While a snarl, fixed stare, stiff, straight legs and tail are warnings to keep your distance. **By Lance Tan**

When your dog looks at you with those big puppy eyes, is he saying: "I love you?"

Well, trying to determine what goes through your pup's mind is difficult. We want to think that our pets truly feel love and affection towards us. Or we want to think that they feel guilty about that little puddle on the carpet, or that they feel fancy (or embarrassed) when you dress them up in their doggy sweaters.

But how can you tell? Is it their body language? In their eyes? Do they react differently to emotional stimuli, like getting a treat vs. being disciplined? Do they feel love, joy, fear, shame, hope? Animal psychologists and behaviorists are still trying to answer these questions. But here's what we can look at so far.

THEORY OF MIND

Let's take the feeling for revenge, for example. Sometimes, if we want to get

back at a person, whom we feel has wronged us, we think about revenge. It's a conscious decision and we can choose to either act upon it or not. Dogs don't necessarily work that way. Your dog doesn't have the capacity to choose to chew your slippers, because you swatted him with the rolled-up newspaper for eliminating on the floor. Your dog will not scratch up the wall in the bedroom, because you locked him in there, while you and your family enjoyed a succulent roast beef dinner. That ability requires something called "theory of mind," and dogs just don't have it.

DOGS CAN ONLY SEE THE WORLD FROM THEIR PERSPECTIVE, NOT FROM A HUMAN'S.

That's why they do best, when they're controlled and treated based on the canine thought process, and not from the owner's mind. Your pooch doesn't understand that you took away the treat, because you want to give him breakfast. He won't seek out your favorite shoes and make them his personal chew toy in response. If he does, it's more likely because of excitement or frustration about something else, like a break in the routine, or strange visitors in the house for the first time.

PRINCIPLE OF COMPETING MOTIVATIONS

If you understand your dog's thought process, you can alter his thoughts to create a mood that contrasts the one that causes the misbehavior. This concept is called "the principle of competing motivations" and states that a dog cannot feel two opposing emotions at the same time.

SIMILARITIES

Dogs are more similar to us in their emotions than in their mentality.

Some canine emotional reactions are so much like ours that we tend to humanize them.

A dog's emotions are visibly expressed in the eyes and face, ear and tail movements, posture, and general behavior. Sometimes, they are vocally expressed as well. Your dog can feel and express the same emotions as we do: Love, hate, joy, sorrow, grief, anxiety, jealousy, remorse, anger, fear, and even more subtle ones, such as distrust and resignation.

Dogs approach and seek contact with objects and beings that inspire friendly feelings. They avoid or shy away from those they fear. Often, a dog will pretend not to see a person or animal he dislikes. A crouching position and a watchful eye mean that he has not made up his mind yet, whether to trust or distrust.

Some facial expressions resemble ours: Worried frowns, angry glares, adoring gazes, suspicious squints, questioning looks, seductive glances, humor, and even genuine smiles. A smile, accompanied by half-closed eyes and ears held low, signifies intense pleasure.

Yet, dogs express their feelings more through body language than facial expressions. A wagging tail and friendly grin are invitations to approach and perhaps make friends. While a snarl, fixed stare, stiff, straight legs and tail are warnings to keep your distance. Distance is important in the dog world, because of territorial concerns and survival instincts.

DOGS USUALLY GIVE VOICE TO THEIR EMOTIONS

... and the meanings are generally clear. A happy dog gurgles or squeals with pleasure. A gentle whine says

"please." Snarling is definitely hostile. Dogs yelp from pain or fear, whine from frustration or pain, and sigh for the same reasons we do. Puppy cries are the easiest to interpret: They scream when they are too hot, whimper when cold, and protest loudly when hungry. Barking is usually done to attract attention or to work excess energy, like, for example, if the dog is constrained in a kennel.

Dogs exchange information among each other not as much by voice, but rather by a wide range of facial expressions, body postures and gestures.

TAKE THE TIME TO OBSERVE AND LISTEN

Owners who observe their dogs and listen to them can establish a simple two-way communications system with their pets.

Canine messages are usually very elementary (and ask much less of us than we ask of our dogs). "I'm hungry," "I'm thirsty," "I need to go out", or "Come with me," are messages dogs manage to convey very well.

But the most eloquent utterance is perhaps the emotional gurgle or bark that says: "It's about time you came home, I've missed you!"



The PLACE Command

The Best K9 Management Tool That Exists

This command solves all of your dog's bad habits with one word. By Lance Tan



? What is the PLACE command?

When your dog is in PLACE, s/he is unable to leave until you release her/him to go.

It is recommended that the place be a dog bed (not used for sleep), large enough for you to put all four of your dog's paws down on it.

? What kind of behavior does the PLACE command eliminate?

- ▶ Dogs rushing and jumping on people at the door.
- ▶ Barking at distractions, such as people, dogs and cars, from windows.
- ▶ Acting aggressively towards guests.
- ▶ Chewing furniture and moldings.
- ▶ Chasing other animals.
- ▶ Stealing food off counters, tables, and the ground.

? Additional benefits of the PLACE command:

- ▶ Can be used as an indoor and

outdoor tool on vacations and at relatives'/friends' houses.

- ▶ Children can play in close proximity.
- ▶ Keeps your dog out of the way when cooking and eating.
- ▶ The place can be moved to any location inside or outside the house.

? How do you teach your dog the PLACE command?

Place the dog bed on the ground, six feet from you and your dog. Have it on a leash with the training collar on.

- ▶ Walk your dog towards the dog bed.
- ▶ Within a couple of feet of the bed say PLACE (one time only!).
- ▶ Bring your dog onto the bed (drag her/him, if necessary).
- ▶ When your dog is on the bed, loosen your grip on the leash. Stand next to the bed, with the leash in a loose position.
- ▶ Give the dog the release command (OK) and walk away. Remove your dog from the bed with the leash in hand (pull her/him, if necessary).

- ▶ Repeat each time you bring him to her/his place.
- ▶ Extend the amount of time that s/he is on the place and increase the distance (drop the leash and walk across the room, for example).

If your dog breaks the command, just say NO and put her/him back on the dog bed.

Continue every time s/he breaks command. Do not continue to say PLACE over and over. Do not say NO, when you bring her/him back to the place (this will associate the place with NO). Never give your dog the PLACE command, when you can't enforce it, like when you take a shower, leave the house, etc.

When your dog is in PLACE, s/he can do activities such as stand, sit, stretch, lie down, and move around. Do not say STAY. The PLACE command is NOT a punishment.