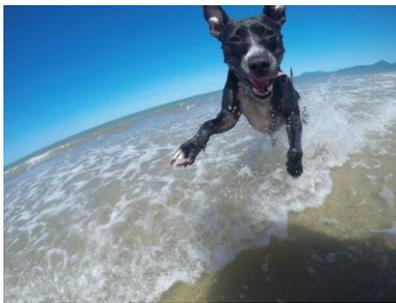


# Friendly Newsletter

Companion Pet Care- September 2019



*Come see us at the longest-established Veterinary Practice in Encinitas!*



1. Beach Report
2. Flea and Heartworm Update
3. Staff Updates

## Beach Report

### Off Leash Beaches:

- [Ocean Beach Dog Beach](#)
- [Coronado Dog Beach](#)
- [Del Mar Dog Beach](#)
- [Fiesta Island on Mission Bay](#)



### On-Leash Beaches:

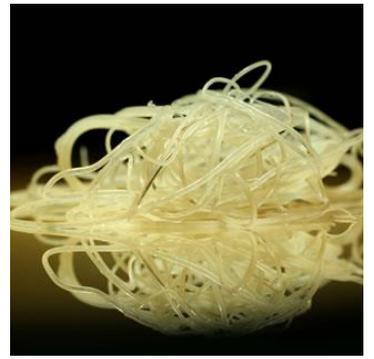
- [San Diego](#) city-operated beaches are all open to leashed dogs in the morning before 9 a.m. and in the evening after 6 p.m. (after 4 p.m. November to March). This makes San Diego one of the most dog-friendly cities in Southern California!
- [La Jolla](#) is a district within San Diego so they follow the same rules allowing leashed dogs in the mornings and evenings (ok before 9am and after 6pm). This does not include the beaches at Torrey Pines State Beach.
- [Mission Bay Park](#) is a San Diego Park with many individual parks and beaches and all of them follow the same municipal rules for leashed dogs in the mornings and evenings (ok before 9am and after 6pm).
- [Coronado](#) has different rules, but they have a couple options. In addition to their awesome off-leash [Dog Beach](#), they have a little-known park with a narrow bayside beach that is excellent for leashed dog walking, [Grand Caribe Shoreline Park](#).
- [Imperial Beach](#) allows leashed dogs on the beach south of Imperial Beach Boulevard on [South Imperial Beach](#). There is also a small area of the main [IB City Beach](#) north of Palm Avenue that is open to leashed dogs (access at Carnation Avenue). Additionally, there is a long stretch of sandy beach in front of [Tijuana Slough National Wildlife Refuge](#) which can be accessed from the south end of Seacoast Drive.
- [Del Mar](#) has different dog rules for each of their beaches. [South Beach](#) is open to leashed dogs year-round. [Del Mar City Beach](#) allows dogs on leash between Labor Day and June 15th (not allowed the rest of the year). And of course, they have their off-leash area at [North Beach](#).
- [Solana Beach](#) allows dogs off leash south of the staircase at [Del Mar Shores Beach Access](#).
- [Encinitas](#) has strict rules prohibiting dogs on their beaches, but [Seaside Beach at Cardiff State Beach](#) allows dogs if they are on leash.
- [Carlsbad](#) unfortunately has zero options for taking your dog to the beach.
- [Oceanside](#) is another unfriendly city for dog owners who want to let their pooches splash in the saltwater. Luckily there is one option at San Onofre State Beach if you are willing to pay for entry and hike down to the beach. At the [Bluffs Beach](#) area of this state park they allow dogs on leash at beaches number 1 and 6. It's quite a drive from Oceanside as the park is north of Camp Pendleton, but it's a great park and worth the effort.

Remember to keep your pet hydrated and be aware of hot ground temperatures where dogs can injure or burn their pads.

San Diego has a year-round flea season, and at CPC we recommend monthly flea, tick and heartworm prevention!

## Heartworm Disease

Heartworm disease is an emerging as more of a concerning disease. The saying is that if you live in the South Eastern portion of the US, and your dog is not on heartworm prevention, it probably has heartworm disease. Heartworm disease is spread by mosquitos which are not as prevalent in San Diego as in the South. However, transportation of animals due to adoptions, shelter housing restrictions, and rescue efforts from natural disasters are causing a higher influx of heartworm disease to our state. Last year CPC diagnosed and treated two heartworm positive dogs. We recommend heartworm prevention be given on a strict monthly schedule to help prevent transmission of this nasty parasite.



## Staff Corner



Dr. Jaime Chou will be stepping down as a Veterinary Associate at CPC after the month of September. Although part of our clinic's family, she has decided to she would like to spend more time with her personal family at home. We appreciate the excellent work Dr. Chou has done in her 2 years at CPC, saving many lives and helping keep many pets healthy. We are so grateful for her contributions wish her and her family all the best.

Angela Montanez has been a dependable Assistant and Customer Service Relations Leader at CPC and has decided to make a move back to Montana this month. The many strong friendships she has formed with staff, clients and patients for over 15 years cannot be replaced. We will miss Angela, and her dogs, Joey and Sparkles, dearly.



## Patient of the Month!

Teahupoo Spirelli, (pronounced "cho- poo") is a 4 year old male Coton De Tulear who stoically underwent ACL repair surgery(called CCL in veterinary medicine-cruciate ligament) on his right knee at Companion Pet Care. He was a champion for the procedure and is an example that, despite a major injury, it is possible to always be in a bright, happy, tail wagging spirit. To aid in his recovery we also injected platelet rich plasma (PRP) into the surgical knee, as well as his other knee. Statistics show that after one CCL rupture, there is a 50% chance of the other rupturing within one year. We salute you for your braveness and keep up the good work, Teahupoo!

BEFORE



AFTER



The post-operative knee is visibly more stable, as the femur now sits more directly on top of the tibia.

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