

## Parasite Prevention Starts NOW

As temperatures begin to rise, parasites like fleas, ticks, and mosquitoes become more active—and protection should already be in place. Heartworm disease, flea infestations, and tick-borne illnesses can occur year-round, and prevention is far safer, easier, and more affordable than treatment. Even brief warm spells allow parasites to survive and spread, making consistent prevention essential.

We offer a variety of trusted prevention options to fit your pet's needs and lifestyle, including Proheart 12 Injection, Seresto Collars, Frontline Shield, Interceptor Plus, Heartgard Plus, Credelio, NexGard Plus, and NexGard Combo. If your pet requires a different product, we can also prescribe many additional preventives through our online pharmacy. Our team is happy to help you choose the best plan to keep your pet protected all season long—starting now.

**Myth:** Pets don't need parasite prevention during colder months.

**Fact:** Fleas, ticks, and mosquitoes can survive indoors and during mild winter weather. Year-round prevention is the safest way to protect your pet.

**Myth:** Indoor pets aren't at risk for parasites.

**Fact:** Parasites can hitch a ride indoors on people, other pets, or wildlife. Indoor pets can still be exposed and benefit from protection.

**Myth:** Missing a month of prevention won't hurt.

**Fact:** Even a short gap in prevention can leave your pet vulnerable to heartworm disease or parasite infestations that are much harder—and more costly—to treat.



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## Paw Pad Protection

As temperatures rise, protecting your pet's paw pads becomes especially important. Hot pavement, sand, and asphalt can quickly reach temperatures high enough to cause burns — a good rule of thumb is if you can't comfortably hold your hand on the surface for 5-7 seconds, it's too hot for your pet's feet. Plan walks during cooler parts of the day, stick to grassy or shaded areas when possible, and consider protective booties for sensitive paws.

Summer adventures like hiking and outdoor play also bring hazards such as rough terrain, sharp rocks, burrs, and hot surfaces that can cause cuts, abrasions, or irritation. After outdoor activities, check your pet's paws for redness, cracks, or foreign debris, and keep paw pads moisturized with pet-safe products to prevent dryness. If you notice limping, excessive licking, or signs of discomfort, schedule a veterinary visit to ensure minor issues don't become bigger problems.

## Seasonal Changes

Seasonal changes can affect pets in surprising ways, even when they live primarily indoors. Many dogs and cats shed more during spring and fall as changing daylight hours trigger natural coat cycles. Regular brushing during these times helps manage loose fur and supports healthy skin and coat condition.

Daylight shifts can also influence energy levels, sleep patterns, and activity. Some pets become more playful during longer days, while others may slow down in darker seasons. Providing consistent routines and mental enrichment helps keep pets balanced and comfortable throughout seasonal transitions.



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Send us your  
email to receive  
reminders and  
newsletters  
digitally.

## March is Pet Poison Prevention Month

This is the perfect time to review common household and outdoor toxins that can put pets at risk. As winter transitions into spring, pets may be exposed to new hazards such as rodenticides, ice melt products, antifreeze residue, and household cleaners used during spring cleaning. Even small amounts of these substances can cause serious illness if ingested, inhaled, or absorbed through the skin.

As the weather warms, additional seasonal dangers emerge outdoors. Fertilizers, herbicides, insecticides, mulch, compost, mushrooms, and certain plants can all be toxic to dogs and cats. Flea and tick products not labeled for a specific species—especially dog products used on cats—can be extremely dangerous.

Everyday items inside the home can also pose hidden risks. Human medications, vitamins, and supplements remain one of the most common causes of pet poisonings and should always be stored securely out of reach. Essential oils, alcohol, nicotine products, chocolate, xylitol-containing foods, and even some houseplants can be harmful if pets gain access to them. Curious puppies, kittens, and pets that explore with their mouths are especially at risk, making supervision and proper storage key components of poison prevention.

If you suspect your pet has ingested something toxic, act quickly. Contact our clinic or an emergency veterinary facility right away. You can also reach Pet Poison Helpline at 855-764-7661, a 24/7 service staffed by veterinary toxicology experts. Prompt treatment can make a life-saving difference—when it comes to poisoning, it's always better to act sooner rather than wait.

## Allergies in Pets

Just like people, dogs and cats can suffer from allergies—especially during the spring and early summer months. Pet allergies are commonly triggered by environmental factors such as pollen, grass, mold, and dust mites, but they can also be caused by food sensitivities or flea bites. Signs of allergies often include itchy skin, excessive licking or chewing, recurrent ear infections, redness, hair loss, and sometimes gastrointestinal upset. Left untreated, chronic itching can lead to painful skin infections and decreased quality of life.

Managing allergies starts with identifying the cause and creating a treatment plan tailored to your pet. While allergies often can't be cured, they can be effectively controlled. We offer a variety of options to help manage allergy symptoms, including Apoquel, Zenrelia, Cytopoint, Atopica, as well as antihistamines and steroids when appropriate. Additional support may include prescription diets, medicated shampoos, supplements, and strict flea prevention. If your pet is showing signs of allergies, early intervention can bring significant relief—our team is happy to help find the best solution for your pet's comfort and long-term health.

## Spring Fitness

As spring arrives, it's a great time to help pets get back into a healthy fitness routine after a more sedentary winter. Gradually increase exercise to avoid injury, starting with shorter walks or gentle play sessions and building up over time. Weight management is important for joint health, heart health, and overall longevity, so consider measuring meals, limiting extra treats, and scheduling a weight check if you're unsure where your pet stands. Combining regular activity with proper nutrition helps pets safely shed winter pounds and improves both physical health and mental well-being.

## Travel Prep

Spring break and summer travel are exciting times, but a little planning helps ensure your pet stays safe and healthy while you're away from home. Before traveling, make sure your pet is up to date on core vaccines, especially rabies, distemper, and bordetella if they will be boarding, visiting groomers, or interacting with other animals. If you're crossing state lines or staying at pet-friendly lodging, check any specific vaccination or health certificate requirements ahead of time to avoid last-minute stress. Bringing a copy of your pet's medical records or having digital access available can also be helpful in case emergency care is needed while traveling.

Parasite prevention is another key part of travel preparation. Warmer weather increases exposure to fleas, ticks, heartworms, and intestinal parasites, and different regions may carry different risks. Keeping your pet on consistent flea, tick, and heartworm prevention provides protection no matter where your adventures take you. Make sure preventatives are given on schedule and pack doses with you if they are due during your trip.

Finally, don't forget to plan ahead for medications and comfort items. Refill prescriptions early, and bring enough medication to cover the entire trip plus a few extra days in case of delays. Pack familiar bedding, toys, or treats to help reduce stress in new environments. If your pet experiences travel anxiety, motion sickness, or stress with routine changes, talk with your veterinary team about supportive options before you leave. With a little preparation, you can focus on enjoying your trip while helping your pet stay safe, comfortable, and ready for new experiences.

## Water Fun

Water activities can be a fun way for pets to stay cool, but safety should always come first. Not all dogs are natural swimmers, so introduce water gradually and consider a properly fitted life vest, especially for boating or open water. Always supervise pets around pools, lakes, or rivers, provide fresh drinking water to discourage gulping large amounts of pool or lake water, and watch for signs of fatigue. Be aware of the risk of water intoxication, which can occur when pets ingest excessive amounts of water during play; symptoms may include vomiting, lethargy, bloating, or coordination problems, and require immediate veterinary attention.

## Indoor Pet Enrichment

As routines change with the seasons—busier schedules, unpredictable weather, or fewer outdoor adventures—cats and dogs may spend more time indoors. Mental stimulation is just as important as physical exercise, and without it, pets can become bored, anxious, or develop unwanted behaviors. Enrichment activities help engage their natural instincts, reduce stress, and improve overall well-being.

Simple changes can make a big difference. Interactive toys, puzzle feeders, and treat-dispensing games encourage problem-solving and keep pets mentally engaged. Short, structured play sessions throughout the day help burn energy and strengthen the human-animal bond. For cats, window perches, vertical climbing spaces, and rotating toys provide opportunities to observe, climb, and hunt. Dogs benefit from scent games, basic training refreshers, and supervised indoor play. By adding enrichment into daily routines, you can keep your pet happy, confident, and mentally fulfilled—no matter how much time they spend indoors.