

Summer 2026



PAW Prints

Welcome back, PAWS pals! Summer has fully arrived in Tucson, bringing longer days, outdoor adventures, and plenty of sunshine for our four-legged family members. While the season offers many opportunities for fun, it also presents unique health and safety challenges for both dogs and cats. In this issue, we'll share important tips on preventing heat-related illnesses, protecting paws from hot pavement, keeping pets properly hydrated, recognizing signs of dehydration and heatstroke, and avoiding common summer hazards such as toxic plants, insects, and outdoor parasites. We'll also discuss safe exercise practices during extreme temperatures, travel and vacation considerations, and ways to keep pets mentally and physically active while staying cool. We hope these articles help you and your pets enjoy a safe, healthy, and happy summer season! Let's crack into it!

Fleas, ticks, and mosquitoes are becoming increasingly common throughout Arizona, making parasite prevention more important than ever. Fleas can cause itching, allergies, and infestations at home, while ticks may spread serious diseases. Mosquitoes can transmit heartworm disease, a potentially life-threatening condition that affects both dogs and cats. Year-round prevention is one of the safest and most effective ways to protect your pet from these growing threats. For dogs, products such as NexGard® PLUS protect against fleas, ticks, heartworms, and certain intestinal parasites in one convenient monthly chew. For cats, Revolution® Plus provides broad protection against fleas, heartworms, ticks, ear mites, and intestinal parasites in an easy-to-apply monthly topical treatment.



As temperatures rise, staying hydrated is essential for your pet's health and safety. Some simple ways to encourage your dog or cat to drink more water include providing multiple water bowls throughout your home, refreshing water frequently, adding ice cubes on hot days, and offering pet water fountains, which many pets find more appealing than still water. You can also increase moisture intake by feeding canned food or adding a small amount of water or low-sodium broth to meals. Watch for signs of dehydration, including lethargy, dry gums, excessive panting, and decreased appetite.



ALL ABOUT THE BOOTIES!

Arizona summers bring some of the hottest temperatures in the country, with daytime highs often reaching 100-115°F. While the air temperature is extreme, pavement temperatures can be even more dangerous because asphalt and concrete absorb and retain heat from the sun. On a 95°F day, pavement can reach 140-150°F, and when air temperatures exceed 105°F, pavement temperatures can climb above 160°F. At these temperatures, a dog's paw pads can suffer painful burns, blistering, and tissue damage in a very short amount of time. Because dogs release very little heat through their paws, they are especially vulnerable to injuries caused by hot walking surfaces. Dog booties provide an effective layer of protection during Arizona's summer months. By creating a barrier between a dog's paws and the hot pavement, booties help prevent burns, blisters, and cracked paw pads. They also protect against other outdoor hazards such as hot sand, sharp rocks, thorns, and broken glass. For active dogs that enjoy daily walks, hikes, or outdoor adventures, booties can make outings safer and more comfortable, allowing them to stay active while reducing the risk of heat-related paw injuries. Pet owners can also use the "seven-second test" by placing the back of their hand on the pavement: if the surface is too hot to comfortably hold for seven seconds, it is too hot for a dog's paws and protective booties are strongly recommended!

Looking to get out and have some fun in nature this summer? Here is a list of dog-friendly trails here in Tucson! Don't forget to bring plenty of water and go at the appropriate times of day to avoid heat-related dangers!



Tanque Verde Falls
Agua Caliente Trails
Butterfly Trail
Sunset Trail
Painted Hills Trail
Honeybee Canyon
Seven Falls
Gates Pass Trailhead

We hope all of our wonderful patients and clients have a beautiful and relaxing summer! We thank you for your continued support. Until next time, PAWS Pals!