

# #ECCToIdMe

## NEWS



**Holistic Wellness Opens in Port Orange:** Nancy Russ Aesthetics is a private personal skin care studio that addresses your skin, beauty and wellness needs. Nancy has been an experienced Paramedical Aesthetician and skin care expert since 2004. She is one of seven Face Reality Certified Acne Specialists (drug-free treatment) in the state and also specializes in age management. Her services also include permanent makeup application and removal. If you are looking for private personal caring holistic wellness, then give her a call! She suggests that you book a consultation first so she can help you decide the best course of treatment. Nancy Russ Aesthetics is located in the Nova Professional Building at 3930 Nova Road Suite 103, Port Orange, FL 32127. This is a private office, so please call (386) 689-9161 or book your appointment online at NancyRuss.com. Follow her on Facebook @NancyRussAesthetics to read customer reviews and get more information on the services she provides. [NancyRuss.com](http://NancyRuss.com)

**Cheeseburger Paradise Tickets on Sale:** The Rotary clubs of Edgewater and New Smyrna Beach are holding their annual Cheeseburger Paradise fundraising event at the Woman's Center in New Smyrna Beach on Saturday, August 25, 2018 beginning at 5 p.m. It will be a fun evening of entertainment with Caribbean Chillers playing on the main stage, a crazy hat decorating contest, a dance contest, tequila and rum tastings and of course, all the local restaurants that come together to compete on who has the best cheeseburger in town! Tickets are \$50 per person and include food, beer, wine and soda. The net proceeds of this event are targeted for scholarships to graduating seniors at the New Smyrna Beach High School and numerous community youth programs. Sponsors include Overhead Door Company of Daytona Beach, New Smyrna Chevrolet and Chrysler Dodge and Waste Pro. To sign up to compete or to be a sponsor, contact event planners on Facebook at @CheeseburgerInParadiseEvent. Purchase your tickets online at: [EdgewaterRotary.org](http://EdgewaterRotary.org)



**SAVE THE DATE for Volusia Dining Days 2018 benefiting Provision Packs:** Volusia Dining Days 2018 will be for 10 days, happening September 7 - 16. During this time, participating restaurants/eateries/coffee shops, etc. will offer a three-course menu (pricing is \$10 - \$35). SAVE THE DATE + See who is participating and view menus at [VolusiaDiningDays.com](http://VolusiaDiningDays.com) and follow along on Facebook and Instagram @VolusiaDiningDays. We are honored to announce that our event is benefiting Provision Packs. The Provision Pack Program was founded to provide nutritional assistance to low income families in Volusia County. The families in their program are living in poverty, and in some cases homeless situations. These families are faced with the unfortunate decisions of having to choose between paying rent, a utility bill and putting food on their table. No one should be faced with such difficult decisions. This program provides well-balanced nutritional food for children on the weekends and extended breaks during the school year. Provision Packs hopes that these packs will provide the blessing of nutrition and bring comfort to the children of Volusia County so that our youth can focus on their academics and become healthy, successful young adults. Learn more at: [ProvisionPacks.org](http://ProvisionPacks.org) // [VolusiaDiningDays.com](http://VolusiaDiningDays.com)

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Present Ad for \$15 OFF New Client Exams!



## #PetLifestyle

**Q: "My dog, Grady James, loves coming to the beach with us every weekend. Sometimes he has diarrhea and acts sick afterward. I heard that the water can be bad for dogs. Is this something I should be concerned with?"**  
Caitie - dog parent, NSB

**A:** We are incredibly lucky to live in an area that allows us to enjoy the outdoors throughout the year, and it is so nice to be able to share this experience with your dog! Just like us, they can have a wonderful time enjoying beach and water activities, but there are some risks that can hopefully be avoided.

Playing in and ingesting salty water, such as at the beach or even the intracoastal areas, can lead to a serious and sometimes life-threatening condition called hyponatremia. As dogs swim and romp, it is easy for them to consume a surprisingly large amount of water. If the water is high in salinity, problems as mild as diarrhea to severe neurological problems, coma or even death can occur. To help prevent this from occurring, strictly limit the time your dog is in contact with salty water.

Provide fresh water and allow your pet to drink from this very frequently. Access to shade and rest will help deter dogs from drinking as much of the salty water. Some dogs will automatically consume a lot every time they grab a toy or stick in the water, play in the waves or even try to clean and lick themselves later. Washing your pet off after will help prevent further ingestion of salt that has dried onto their coat.

If your dog is ever not acting well after enjoying this type of water, seek medical attention right away.

Playing in sandy areas including digging holes and picking up toys or food from the ground can lead to ingesting a great deal of sand. This can lead to sand impaction, a condition that can cause severe gastrointestinal pain and obstruction. Usually hospitalization is needed and sometimes

even surgical removal of the impaction is required. Monitor your pup closely as they play to ensure they are not consuming sand. Limit their total time in the sandy environment as well to reduce the amount inadvertently swallowed.

Another possible consumable danger are the fishing hooks and lines often found discarded in these areas. They are extra attractive to dogs due to the interesting smells and likely recent fishy tastes still on them. Hooks can easily embed in a curious snout or paw, or even worse, go down the hatch! Especially with fishing line attached, this is a dangerous scenario. Hooks can puncture the intestines, line can pull and cut through, and some metals can cause toxicities! If you think your dog ever eats something like this, have them checked out right away at your veterinarian.

Even the strongest swimmers, human or canine, are susceptible to strong riptides. Always check the local forecast and avoid the ocean when riptides are predicted. Keeping a harness and leash on your pup can aid in controlling how deep they go and hopefully give you some ability to help keep them safe.

While you cannot avoid every possible scenario, being aware of the common dangers can help you and your outdoor companion stay safe. Next month we will learn about puppy swimming lessons, pool and fresh water safety.

**Dr. Tiffany Beischel is a local licensed veterinarian who is happy to answer any questions you may have about your pets. Feel free to call her at (386) 663-3989.**