



SPRING 2026



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FEATURED ARTICLES

April Focus: Why Foot Health Deserves Attention



April is Foot Health Awareness Month, a time dedicated to recognizing the essential role our feet play in overall health and mobility. Despite carrying us through thousands of steps each day, feet are often overlooked until pain or dysfunction appears.

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The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles

As winter fades and spring activity ramps up, many people return to outdoor runs, field sports, court games, and weekend recreation. With longer days and better weather comes a surge in movement, and unfortunately, a rise in foot and ankle injuries.

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OUR BLOG ARTICLES

5 (More) Popular Health Trends Podiatrists Love and Hate



From viral TikTok challenges to the latest recovery gadgets, there is always a new way to optimize your body. But while these trends might look great in a thirty-second clip, our patients' feet at **Desert Podiatric Medical Specialists** often tell a different story.

[Click Here to Read More](#)

Ranking Your Foot and Ankle Pain: Which Injuries Hurt the Most?

You might be thinking: Is this just a twist, or did I actually break something? Because your feet and ankles are packed with sensory nerves, even a minor injury can feel like a fracture. But not all pain of our patients' pain at **Desert Podiatric Medical Specialists** is created equal.

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MEET OUR DOCTORS



BRADLEY A. WHITAKER, D.P.M., FACFAS



PETER C. MERRILL, D.P.M., AACFAS



ZENO PFAUF, D.P.M., AACFAS

[Read More Here](#)

Excellent experience. Easy to make an appointment and not a long wait time. Dr. Merrill is excellent. - M. Y.

Google Review



RECIPES OF THE MONTH

Rack of LAMB

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

MACAROONS

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

YOUR APRIL CALENDAR HIGHLIGHTS

April

April 1-9 – Passover: For seven to eight days, all leavened products—bread, pasta, cookies, and even beer—are strictly forbidden, creating a "leaven-free" zone in homes.

April 1 - April Fool's Day: In the UK and Canada, it is traditional for pranks to stop at noon.

April 2 – World Autism Awareness Day: Autism affects approximately 1 in 36 children in the U.S., with boys five times more likely to be diagnosed than girls.

April 5 – Easter Sunday: In 2017, the world's largest chocolate bunny was created in Brazil, weighing over 9,359 pounds.

April 11 – National Pet Day: 26% of pet parents throw birthday parties for their pets.

April 22 – Earth Day: Organizers chose this date in 1970 because it fell between college spring breaks and final exams, making it easier for students to participate.

April 26 – Arbor Day: A mature tree can provide the cooling effect of 10 room-sized air conditioners.

[REQUEST AN APPOINTMENT TODAY!](#)

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