



SUMMER 2026



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FEATURED ARTICLES

Best Footwear for Summer Festivals, Theme Parks, and Travel



Summer is the season for vacations, concerts, amusement parks, long walks, and weekend adventures. Unfortunately, it is also one of the busiest times of year for foot pain. Many people spend entire days walking in shoes that were never designed for hours of standing, heat, and activity.

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Why Foot Problems Often Flare Up in July

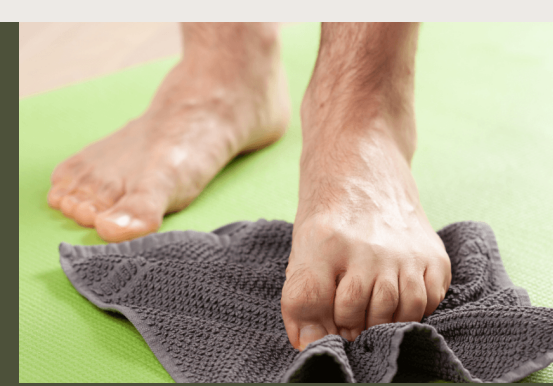
For many people, July is filled with vacations, outdoor activities, pool days, travel, and long hours spent on their feet. While summer is meant to be relaxing, podiatrists often see an increase in foot problems during this time of year.



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OUR BLOG ARTICLES

Why Are My Feet Sweating So Much?



Arizona summers are already hot enough, but if you notice your feet sweating far beyond normal levels, it may be a sign of an underlying issue. While some sweating is natural, excessive foot sweat can become uncomfortable, lead to unpleasant odors, and even increase the risk of fungal infections or skin irritation.

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Why Your Ankles Keep Rolling and What It Means

Have you ever stepped off a curb or walked across uneven ground and felt your ankle suddenly give way? Frequent ankle sprains may seem like bad luck, but they often signal an underlying problem. Chronic ankle instability can affect people of all ages and increase the risk of future injuries.



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MEET OUR DOCTORS



BRADLEY A. WHITAKER,
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PETER C. MERRILL,
D.P.M., AACFAS



ZENO PFAUF,
D.P.M., AACFAS

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We have gotten prompt service whether we call or have an appointment. Everyone there is very friendly and helpful, really make your doctor appointment a very positive experience. - T.P



RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of thepioneerwoman.com

YOUR JULY CALENDAR HIGHLIGHTS



July 4 — Independence Day: Our 50-star flag was designed by a 17-year-old for a school project. His teacher gave him a B-minus, but raised it to an A after Congress officially adopted the design!

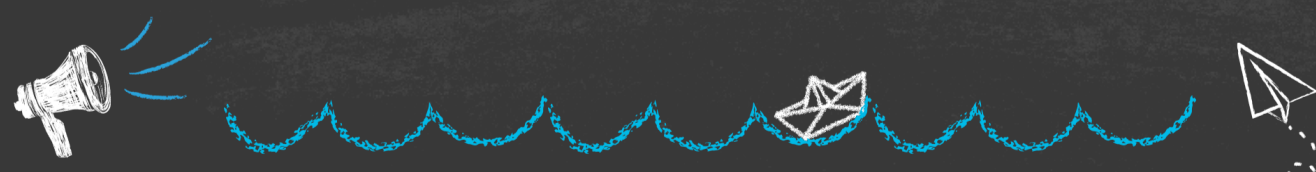
July 7 — World Chocolate Day: Before it arrived in Europe in 1550, chocolate wasn't sweet—it was consumed in Mesoamerica as a bitter, spicy liquid mixed with chili peppers.

July 10 — Teddy Bear Picnic Day: The toy was named after President Theodore "Teddy" Roosevelt after he famously refused to shoot a captured black bear on a 1902 hunting trip.

July 17 — World Emoji Day: Look closely at the standard "Calendar" emoji on your phone—July 17th is the exact date permanently displayed on the icon.

July 20 — Ice Cream Soda Day: Created by accident in 1874 when a Philadelphia soda vendor ran out of sweet cream and substituted vanilla ice cream instead.

July 31 — Avocado Day: Avocados are technically single-seeded berries. Due to their shape and bumpy green skin, early English colonists called them "alligator pears."



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