FALL 2026

DPMS
DESERT PODIATRIC MEDICAL SPECIALISTS

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FEATURED ARTICLES

World Arthritis Day: Is Arthritis Causing Your Foot or Ankle Pain?

October 12 is **World Arthritis Day**, a time to raise awareness about arthritis and how it can affect everyday movement and quality of life. While many people associate arthritis with the knees, hips, or hands, it can also affect numerous joints throughout the feet and ankles.

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Halloween Costume Hazards That Can Lead to Foot and Ankle Injuries

Halloween means costumes, parties, trick-or-treating, and plenty of time on your feet. Whether you are dressing up for a Halloween event or helping your kids get ready to collect candy, the wrong costume choices can increase the risk of trips, falls, blisters, and foot or ankle injuries.

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OUR BLOG ARTICLES

What Should You Do About a Puncture Wound in Your Foot?

A puncture wound may look small on the surface, but a sharp object can push dirt, bacteria, or foreign material deep into the foot. Proper cleaning and timely evaluation can help reduce the risk of infection and other complications.

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Why Does the Ball of My Foot Hurt When I Walk?

Every step puts pressure on the ball of your foot, but walking should not leave you with sharp, burning, or aching pain. When discomfort develops beneath the toes or across the forefoot, it may point to anything from overuse to an underlying foot condition.

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MEET OUR DOCTORS

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

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

ZENO PFAU, D.P.M., AACFAS

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I had an artificial joint put in my big toe area and a huge bunyon of arthritis removed by Dr B Whitaker at Desert Podiatry. The surgery center was really nice and nurses and anesthesiologist all first class. The surgery went well and Dr Whitaker saw me about every week to check my progress. He was always on time and very thorough! I'm now walking without pain! I highly recommend him.

-B.B

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Google Review

RECIPE OF THE MONTH

Recipe courtesy of tornadoughalli.com

YOUR OCTOBER CALENDAR HIGHLIGHTS

October

October 1-31 – Breast Cancer Awareness Month: Only about 5% to 10% of all breast cancers are linked to inherited gene mutations. The vast majority occur in people with no family history.

October 5 – World Teachers Day: Teachers work an average of about 50 to 53 hours each week, often starting long before the bell rings and grading papers at home.

October 10 – World Mental Health Day: Mental health conditions affect millions of people, with about 1 in 5 U.S. adults experiencing a mental illness each year.

October 11 – International Day of the Girl Child: Globally, **one in four** girls aged 15–19 is neither in education, employment, nor training, compared to only one in ten boys.

October 12 – World Arthritis Day: While often associated with older adults, arthritis can affect anyone at any age, including young children and teenagers.

October 15 – Global Handwashing Day: Studies estimate that only about 19% of people worldwide wash their hands with soap after using the toilet.

October 24 – United Nations Day: In many schools around the world—especially in the Philippines—students celebrate the day by wearing the traditional clothing of different countries.

October 31 – Halloween: If you ever felt like your parents were stealing your hard-earned Halloween haul, you were right. National polling shows that roughly **81% of parents** openly admit to sneaking candy from their children's trick-or-treat bags.

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