



Spring 2026



NEW CANAAN
PODIATRY

"My treatment philosophy is to treat the whole patient, not just the feet that they walk in on."



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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.

[Click Here to Read More](#)

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.



[Click Here to Read More](#)

Liposana:

Restoring Your Protective Fat Layer for Pain Relief

Liposana restores the damaged protective fat layer that may be causing you pain or discomfort, such as:



Restore What's Yours

- Fat pad atrophy
- Metatarsalgia
- Plantar heel pain
- Plantar ulcers
- Calluses
- Post-surgical corrections

If you have any of these or other conditions related to a fat layer defect, Liposana may help!

[Click Here For More Information](#)

[Book An Appointment Today!](#)

GOT HEEL PAIN?



LUCKILY, WE'VE GOT EPAT! (Extracorporeal Pulse Activation Technology)

What is EPAT?

EPAT is a non-invasive, FDA-cleared treatment that uses high-energy acoustic pressure waves to stimulate your body's natural healing process. It is commonly used to treat chronic foot and ankle pain that has not improved with other conservative care.

Benefits of EPAT

- Non-invasive
- No anesthesia needed
- No downtime
- Proven effective for chronic and difficult-to-treat conditions
- Promotes long-term healing—not just symptom relief

[Click Here to Read More](#)

MEET OUR DOCTOR



JENNIFER TAUBER, DPM

[Read More Here](#)

Hello Spring



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

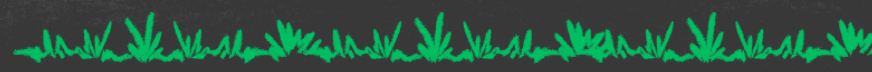
April 2 - World Autism Awareness Day: Autism affects approximately 1 in 36 children in the U.S., with boys five times more likely to be diagnosed than girls.

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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