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THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

The Trouble With High Arches

When you have a normal arch, it's raised slightly off the ground when you're standing. But if you have high arches, there will be much more space between the floor and your arch. This can lead to several foot problems, including

- **Metatarsalgia**, or painful inflammation in the ball of your foot. It's usually worst when you stand or walk for a long time.
- **Plantar fasciitis**, or inflammation in the plantar fascia ligament that runs from your heel to your toes, along the bottom of your foot. With this condition, you'll experience stabbing heel pain that's usually worst when you get out of bed, but improves as you move throughout your day.
- **Hammertoes**, or a deformity in your second, third or fourth toe that causes a bend in the joint.
- **Unstable ankles**, increasing your risk for sprains
- **Stress fractures** of the metatarsal bones, caused by the added pressure on the forefoot.



If you want to avoid these problems, choose shoes with lots of extra cushioning, steering clear of hard-or-thin-soled footwear. It's also worth investing in a pair of custom orthotics, to offer more permanent support and to protect your feet and ankles from extra stress.

What Determines Eye Color?

If you've ever stared into a pal's baby blues and wondered why yours are a different color, here's the deal: your eye color is the result of iris pigmentation (that's the structure surrounding your pupil, or the small black hole in the center of your eye.) More than just looking pretty, the iris helps control how much light enters your eye. Colors range from blue and green to brown and hazel, with brown being the most common eye color.

Individually, eye color is determined by variations in your genes, mostly in the ones that produce, transport, or store melanin. Basically, your eye color is directly related to the amount of melanin in the front layers of your iris. So people with brown eyes have lots of melanin there, while people with blue eyes have much less.



Want more updates? Check out our blog, website, or social medias, we'll keep you on track!

What's the Deal with Toenail Growth?

Have you noticed that your finger nails seem to need more frequent trimming than the nails on your toes? Well, it's not all in your head. Your toenails grow much slower, at a rate of about 1.62 mm per month. Now, that doesn't just impact your pedicure frequency; if you lose your toenail, it could take over a year for it to grow back! So let's be sure and take care of our toes—keep them covered, even at home, and look out for fungal infections that can cause them serious harm!





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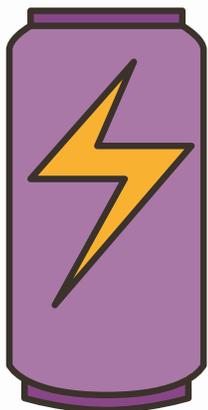
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A Closer Look at Energy Drinks



An Energy Drink is a beverage that typically contains large amounts of caffeine, added sugars and legal stimulants such as guarana, taurine, and L-carnitine. While these legal stimulants can increase alertness, attention and energy, they can also impact blood pressure, heart rate, and breathing.

Unfortunately, students often use these drinks to provide an extra boost in energy. But the stimulants in these drinks can have a harmful effect on the nervous system, and should be avoided or used with extreme caution and in limited quantities.

How to Pick the Right Beer

Finding it harder than ever to get your favorite brew these days? Here's a helpful guide to some key terminology:

ABV: Alcohol by volume—an ABV of 5% means a beer contains 5% alcohol

Body: The mouthfeel of a beer—low body means thin, while lots of body means heavy

IBU: International bitterness units—higher IBUs means a more bitter beer

Maltiness: How sweet a beer tastes—more malt means more sweetness



Are You Grilling or BBQing?

You'll often hear the terms BBQ and grill used interchangeably, but there's actually a big difference between the two. Barbecuing cooks your food slowly and often incorporates sauces or marinades. It infuses a smoky taste and makes food extra tender. Meanwhile, grilling cooks ingredients quickly and is normally done with very little oil, resulting in that crispy, charred, caramelized surface and those picture-perfect grill marks. So, when it comes to grilling vs. barbecuing, how do you know which method to choose and when? As a general rule of thumb, barbecuing is great for infusing flavor in meats, and is especially appropriate for thicker cuts of meat. Grilling is a faster method that's great for back yard favorites like burgers and hot dogs, or even veggies!



From the Desk of Dr. Andrew Schneider



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