

NOVEMBER 2023

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



DIABETES

Welcome to National Diabetes Month

November is National Diabetes month, a time of year that podiatrists take seriously. After all, this disease can take a big toll on your feet, whether through numbness, wounds, or chronic infections. For that reason, you need to maintain regular visits with your podiatrist after a diabetes diagnosis.

Remember, diabetes is a chronic disease in which your body produces less or no insulin; or in which your body develops insulin resistance. As a result, your blood sugar levels can rise, setting off a chain of events that can damage your tissue and organs. However, with proper care and management, you can prevent diabetic complications by managing your blood sugar levels; checking your feet daily for any signs of changes; and visiting us in the office at least four times a year for comprehensive foot exams.

Now, if your risk for foot complications rises, we can take extra measures to protect your feet from diabetes. Whether we provide you with diabetic shoes—we carry an attractive and effective range of options in the office—insoles, or simply recommend more frequent monitoring, we can work together with your care team to keep diabetes from being a pain in your feet! And, as a first step, we're devoting this month's newsletter to providing more information regarding diabetes and your feet!



DIABETES
AWARENESS

Why are Diabetics Prone to Foot Problems?

When we say that diabetes can hurt your feet, here's what we mean: the disease can impact circulation to your feet, sensation in your feet, and the foot's healing abilities. Then, if all three effects combine, you could be looking at serious complications, including an elevated risk for amputations. Why is that the case?

When you have poor circulation, there's not enough blood flowing to your feet. Then, if you lose sensation in the feet due to peripheral neuropathy, you reduce the likelihood of feeling pain with an injury. In turn, you may not notice a small cut until it becomes a big wound. Now, couple in your body's reduced healing ability, and that wound could become a non-healing ulcer. Just remember that preventative care is the key to preventing this triple-threat from damaging your foot health.

Support Our Sock Drive!

From December 1st until January 15th, we will be collecting new, unused socks, in any size, to support the Star of Hope charity's quest to end homelessness. By partnering with Fleet Feet, we can also provide 1:1 matching donations for every pair collected! Plus, you can drop off your donation at our office or at any of the seven Houston area Fleet Feet stores, making it more convenient than ever to give back this holiday season!

DONATE NEW UNUSED SOCKS
IN ANY SIZE
TO THOSE IN NEED

Benefitting:  Star of
hope



**SOCK
DRIVE**

December 1 -
January 15

The Schneider Family Had a Thankful November

I hope everyone had a wonderful Thanksgiving with family and friends. I know we did! Although it wasn't without some stress. We learned that Ariel was going to be deployed for a quick mission and it happened on Thanksgiving Day. Thankfully, he returned safely to base and now he and Hannah are enjoying a short time together while he's on leave.

Daniella came home early for Thanksgiving, and it was so nice having her home. She caught up with friends and even spent some time with the family. Her highlight was going to the Renaissance Festival, which is an annual outing for her and her friends.

Jonah was nursing a shoulder and elbow injury but has overcome them to return to his sport of choice – bouldering. He's back at it twice a week. We even got a device with finger holds so he can practice at home.

Earlier this month, Mirit and I traveled to Fort Lauderdale for the annual meeting of the American Academy of Podiatric Practice Management, of which I am the president. It was a fantastic, but exhausting weekend. One perk is that I had the Presidential Suite which offered an amazing view of the ocean.



What Causes a Diabetic Foot Ulcer

A foot ulcer is a hole in your foot. In some cases, only your skin is involved. But in other instances, your ulcer reaches the tendons and bone. Plus, it can become infected, possibly leading to a bone infection called osteomyelitis that ultimately raises your risk for amputation.



But why do ulcers form in the first place? Well, ulcers form in areas of high pressure, often beneath you're the metatarsal bones in the balls of your foot. Basically, pressure beneath the bone can cause a callus to form. But, with neuropathy, you may not notice the callus. Eventually, your body won't be able to manage this pressure and the skin will start to break down.

If you ignore a diabetic foot ulcer, it won't go away. In fact, it will get larger and deeper, possibly developing an infection. To prevent these outcomes, you need to seek immediate medical attention for an ulcer. Time is of the essence when it comes to treating an ulcer. If you notice one forming in the foot call and tell us, "I'm diabetic and I think I have a foot ulcer." We will get you in right away. The sooner we treat your diabetic foot ulcer, the best chance we have to heal it successfully.

Identifying Diabetes Symptoms

While there are subtle differences between the symptoms of Type 1, Type 2 and Gestational Diabetes, here are some of the common symptoms to watch for. If you notice one or more, it's time to call your doctor for a blood sugar test:

- Peeing a lot, often at night
- Extreme or constant thirst
- Weight loss without trying
- Extreme hunger
- Blurry vision
- Numbness or tingling in hands or feet
- Exhaustion
- Dry skin
- Sores that heal slowly

Attention Orthotics Owners: Special Offer Alert!

Are you already a custom orthotics owner? Does wearing your devices offer so much relief that you keep moving them in and out of different shoe pairs? What if you could get that orthotic feeling in your feet without the hassle of moving your inserts between shoes?

Well, we've got an early holiday gift that could end that daily struggle for good. Right now, patients who've purchased one pair of orthotics from our office in the past three years can now purchase a second pair for the deeply discounted rate of \$275. But, despite that low price, quality won't be compromised: your second set of orthotics will still be tailor-made to meet your specific foot needs and for the shoe style you have in mind, whether that's your running sneakers or your dress shoes.

Best of all, we can further reduce your hassle by crafting your new orthotics from your existing mold—that means you can skip the office visit. Want to take advantage of this offer, and use funds from your 2023 Health Savings Account (HSA)? Just place and pay (insurance won't be accepted for this deal) for your order by December 27th and leave the rest of the work to us!

From the Desk of Dr. Andrew Schneider



Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family that may benefit from this information.

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