

SEPTEMBER 2023

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Don't Make Your Feet Your Halloween Costume!

With Halloween around the corner, now's the time to take care of your scary-looking feet, because there are a whole lot of foot problems that can change their appearance. Now, while some concerns only look nasty, there are some cosmetic concerns that are also painful and potentially limb-threatening. And those are the ones that need prompt medical attention.

First on that list are bunions, abnormal, bony bumps that form on the joint at the base of your big toe, causing it to enlarge and crowd your other toes. While these bumps look terrible—and make it hard to wear shoes—they will get bigger without intervention, and are easier to treat in their early stages of development.

Corns can also change your foot appearance with a thickening of the skin on or between your toes. We can treat these bumps without surgery. But to make sure they don't return, we'll also have to remove pressure from your feet—that's why they formed in the first place—likely by fitting you for custom orthotics.

If you've noticed bunions or corns forming on your feet or toes, get them evaluated right away! By seeking earlier treatment, you can keep those feet from looking like a year-round Halloween costume!

Toclylen – The Best RX for Healthy Feet

We've got two products in the office that we want you to ask about, because they're just what you need to pamper your feet after a summer in the sun, surf and sand. First up is the 5 Day Therapeutic Foot Soak, packed with a proprietary blend of moisturizers, exfoliators, protectants, cleansers, essential oils, and salts all to create a therapeutic, spa-like experience. In combination, this soak removes dirt, oils, and sweat that may contain bacteria and fungus, while leaving your feet silky-smooth and healthy. Looking for a long-term addition to your foot care routine? Grab the Toclylen Daily-Use Foot Soak, infused with all those cleansing and protective ingredients, but packaged in a large resealable bag, making it easy to use this soak routinely, over an extended period of time, so you can maintain optimal foot hygiene with an effective cleansing, moisturizing, and protecting product.



Anything is Possible—Don't Put Limits on Yourself

Did you know that, in 1982, Donny Rogers, Joe Moss, and Dave Kiley reached the top of 3000-foot Guadalupe Peak in Guadalupe Mountains National Park in Dell City. Despite all three being in wheelchairs, they achieved this feat in just five days, successfully challenging public perceptions of what differently abled individuals can accomplish. So, the next time you think something is too hard to keep going, remember these climbers and don't sell yourself short!

Daniella is a College Student!

We all took the trip up to Philadelphia to move Daniella into her dorm at Drexel University. She is studying screenwriting and playwriting and can't wait to get started. First she had Welcome Week, which is a week-long orientation. She had a blast! Wish her luck, classes start today!

Before moving her in, we took in some historic sites in Philadelphia. We toured Independence Hall and saw "the room where it happened." We also learned about and saw the Liberty Bell.

Philadelphia is a great city and we know that Daniella will have a phenomenal experience.



Important Fire Safety Tips

Fire safety should be a year-round priority for your family.

1. Install smoke alarms on every level of the home, and test them monthly.

2. Install home sprinkler systems you can do this even after your home has been built, often for a lesser expense than you'd imagine.

3. Plan your escape from fire by making sure your family can easily get to at least two unobstructed exits—either a window or a door—from every room in the house.

4. Keep an eye on smokers, providing ash trays for use and checking the house carefully before going to bed to make sure all butts are completely extinguished.

5. Cook carefully, never leaving active burners unattended.

6. Give space heaters space, making sure they're placed at least three feet away from any flammable materials.



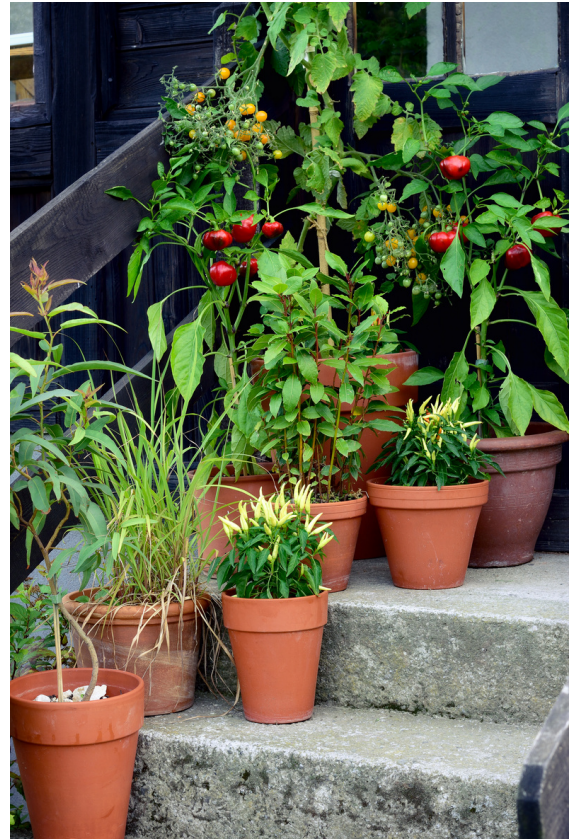
What to Do with Expired Beauty Products



Want to get rid of those expired or almost empty beauty products? For bottles that can be completely emptied of their contents, remove as much of the product as possible, scooping it directly into the trash. Do not rinse the bottle out, as that will send waste into the water system. Instead, try taking a paper towel and wiping the inside clean. If the makeup bottle is made of plastic or glass, you can recycle it afterward.

Watch Out for Mint Gardens

While mint is a tasty addition to many dishes and drinks, it's best to steer clear of planting a mint garden. In reality, mint is an invasive species that can quickly take over gardens, choking out other plants and robbing them of water and nutrients if left unchecked. Once established, it is difficult to remove. So, if you want to enjoy a little fresh mint in your kitchen, consider planting the herb in raised beds or containers, making sure to regularly prune back your plants.



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.

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

tanglewoodfootspecialists.com
713-785-7881