



Tanglewood Foot Specialists

January 2010 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

Diabetic Tips:

- **Always keep your feet dry**
- **Don't smoke or sit cross-legged**
- **Don't soak your feet**
- **Trim your toenails straight across, or have a certified podiatrist help you**
- **Wash your feet everyday**
- **Buy shoes that are comfortable without any sharp edges**
- **Wear loose socks to bed**

Our blog has tons more helpful hints!

Click this link:

www.tanglewoodfootspecialists.com/blog1

Diabetic Feet

According to the American Diabetes Association, about 15.7 million people (5.9 percent of the United States population) have diabetes. Nervous system damage (also called neuropathy) affects about 60 to 70 percent of people with diabetes and is a major complication that may cause diabetics to lose feeling in their feet or hands.

Foot problems are a big risk in diabetics. Diabetics must constantly monitor their feet or face severe consequences, including amputation.

With a diabetic foot, a wound as small as a blister from wearing a shoe that's too tight can cause a lot of damage. Diabetes decreases blood flow, so injuries are slow to heal. When your wound is not healing, it's at risk for infection. As a diabetic, your infections spread quickly. If you have diabetes, you should inspect your feet every day. Look for puncture wounds, bruises, pressure areas, redness, warmth, blisters, ulcers, scratches, cuts and nail problems. Get someone to help you, or use a mirror.

Check out our website for more Diabetic Foot Health: www.tanglewoodfootspecialists.com

Every 30 seconds, a lower limb is lost due to diabetes-related complications. That comes to 2,880 legs and feet every day.

Foot Factoid

As shock absorbers, feet cushion up to one million pounds of pressure.

Health News

All about Skin Cancer

Skin cancer is the most common of all human cancers. Some form of skin cancer is diagnosed in more than 1 million people in the United States each year.

Cancer occurs when normal cells undergo a transformation during which they grow and multiply without normal controls.

- As the cells multiply, they form a mass called a tumor. Tumors of the skin are often referred to as lesions.
- Tumors are cancerous only if they are malignant. This means that they encroach on and invade neighboring tissues because of their uncontrolled growth.
- Tumors may also travel to remote organs via the bloodstream or lymphatic system.
- This process of invading and spreading to other organs is called metastasis.
- Tumors overwhelm surrounding tissues by invading their space and taking the oxygen and nutrients they need to survive and function.

Skin cancers are of three major types: basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma.

- The vast majority of skin cancers are BCCs or SCCs. While malignant, these are unlikely to spread to other parts of the body. They may be locally disfiguring if not treated early.
- A small but significant number of skin cancers are malignant melanomas. Malignant melanoma is a highly aggressive cancer that tends to spread to other parts of the body. These cancers may be fatal if not treated early.

"Doctor, I packed on the pounds over the holidays. What can I do to lose some of this weight? Help!"

Hey, you're not alone. According to nutrition experts, the average American gains **6 pounds during the holidays**. There are a number of excellent & simple things my patients can do to shed pounds. Let's dive right in to some of them...

Start with diet and nutrition! A recent study showed that 2/3rds of all disease is linked to diet. Another study of people diagnosed as obese showed that a better diet would help 82% of them to lose weight.

Change behavior! A study made by the Mayo Clinic found that being overweight was linked to *negative behavioral* patterns. Patterns such as smoking, drinking too much coffee, eating unconsciously, snacking and the like. All these are nothing more than behaviors, and behaviors can be changed.

Begin a light exercise program! The key is to generate positive momentum. How many bites does it take to eat an elephant? One bite at a time. In other words, the task of losing weight can seem daunting. However it's better to just **start**. Do something, anything, to begin making small positive changes in behavior.

RECOMMENDED!

Product of the Month:

Formula 3

While it is true that the gold standard for treating fungal nails is an oral antifungal, such as Lamisil, it is important to realize that taking an oral medication is not for everyone and is often made more effective by adding a topical treatment as well.

Since most of the organisms that cause nail fungus reside underneath the nail, applying medication to the top of the nail is an effort in futility unless there is a transport system that will take the medication down through the nail. **Formula 3** has such a mechanism. It is an oil based solution which allows the medication to penetrate through the nail unlike other over the counter preparations which are either water or alcohol based.

Formula 3 is applied twice a day with the included brush. It is best to then rub the liquid into the affected nails with your fingers. There is no prolonged drying time nor do the nails have to be covered, so you can go about your business immediately.

The company offers a no questions asked **full refund** of the purchase price at **any time** whether the bottle is completely full, half full or totally empty. Whether you have been using the medication for one day or a year, you actually get to try the medication for the full prescribing term and if it does not work, you can ask for a refund. That's what I'd call a **RISK FREE OFFER!**

Important News About You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

Tom B. Patty B.
Rick M. Bea J.
Chris D. Kristie R.
Laura P. Tara C.
Jessica C. Kim B.
Chuck D. Sandra S.
Bobbi N. Sharon R.
Cheryl B.

THANK YOU FOR THESE REFERRALS!

BE A WINNER!

Are You A Fan???

We are committed to providing you the best information about foot health and care. Many of you are on Facebook, but are you a fan of Tanglewood Foot Specialists??

We're running a contest in conjunction with the Winter Olympics in February and all you need to do to enter is be a fan of our page. Each day of the Olympics we will be raffling a quality foot care product from our online store.

To enter, click the logo or visit www.facebook.com/houstonpodiatrist



Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

Dennis L. Lasonya D. Rhonda V. Marianne J. Christopher R.
Marilyn T. James B. Viola P. Garland K. Dan F.
Pat J. Linda O. Erin D. Nick R. Stephanie P.
Sean H. Sam F. Margaret B. Jane S. Carol C.
Caroline C. Andrew K. Katherine Y. Zari B. Barbara B.
Sagit B. Edgar K. Bill M. Brian R. Trina W.
Blair B.

Thanks for allowing us the chance to serve you!

Our January Charity

For every new patient we see during the month of September, a donation will be made to:



As I write this month's newsletter, we are all horrified by the destruction and tragedy in Haiti caused by the earthquake. I am proud to support many charities who are participating in the rescue and recovery efforts.

Doctors Without Borders is an international medical humanitarian organization created by doctors and journalists in France in 1971. Today, they provide aid in nearly 60 countries to people whose survival is threatened by violence, neglect, or catastrophe.

www.doctorswithoutborders.org

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a January birthday. We have a large patient population with a birthday in January, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

We're on the Web!

* If you haven't yet visited our website, it's time to take a look. There's lots of great information, articles, and videos. www.tanglewoodfootspecialists.com

Have You Seen our Blogs?

*A blog is an online journal. I write a few having to do with all aspects of foot care.

tanglewoodfootspecialists.com/blog1

*A blog for runners:

www.HoustonRunDoc.com

*A blog focusing on diabetes: diabeticfoottips.blogspot.com

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EMAIL ME!

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Save Paper...Save the Planet!
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Specialists and become a fan!

Linked in

Search Linked In for: Andrew Schneider

(You can also just click the images if
you're online!)

Dr. Schneider has written a **FREE** book concerning the many questions surrounding foot and ankle pain. Order your **FREE** copy and be in control of your health...its **FREE!**



YOUR'S FREE!

Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
OR
Simply log onto our website
www.tanglewoodfootspecialists.com

You can also see Dr. Schneider on YouTube!!
Click on www.youtube.com/HoustonFootDoc

10% OFF KERYFLEX NAIL RESTORATION

See for yourself what the excitement is all about!!!

If you don't need this innovative treatment for restoring the healthy appearance to your toenails, please pass it along to a friend or family member who does.

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Expires February 28, 2010