

JANUARY 2021

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



Schedule Your Bunion Surgery and Be Ready for Spring Sandal Season

If you've been waiting to schedule bunion surgery, January is a great time to go for this procedure. When you have bunions, we often need to operate on your feet to correct your rotated metatarsal bone. And, depending on the severity of your bunion, there can be a recovery period during which you can't bear weight—or rock your favorite sandals!

If your bunion is minor, we'll just shave your bump during surgery, which will release the soft tissue around your great toe joint. But if your bunion is more severe, we'll have to reposition your metatarsal bone, and we'll need to keep it in place with a surgical pin or screw. Finally, for the most severe bunions, we'll need to perform a more extensive surgery.

Now, your recovery period will depend on the extent of your surgical procedure. With mild and moderate bunions, you can often bear weight (with a surgical boot) right away. But if your bunion is severe, you'll have to wear a cast and stay off your foot for several weeks after surgery.

Why is this the first thing we're telling you this year? Well, we know you'll want to bust out your prettiest sandals as soon as spring arrives. So, to make sure your bunions are gone and your recovery is complete, call our office today to schedule your bunion consultation!

Important Carbon Monoxide Safety Reminders

Carbon monoxide is called the “Invisible Killer” because it's a colorless, odorless, poisonous gas. Every year in this country, more than 150 people die from accidental carbon monoxide poisoning. To prevent disaster, install carbon monoxide monitors in your home, and learn these signs of carbon monoxide poisoning:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness
- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately, death



Have You Checked Your Fire Detectors?

If you have an older, battery-powered smoke detector, you should check and test them every month. Always use brand-new batteries, taken directly from the packaging. But what about hard-wired detectors? These safety devices are powered by your home's electrical system. Still, they usually have backup batteries, so they can function even if your house loses power. For that reason, you should check the backup batteries regularly. And you should test your hardwired detector's function every month, to make sure they have a proper supply of electricity.

**SAFETY
FIRST**

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



Do You Feel Like You're Walking on Rocks? We Have a Solution!

I know that some of you reading this know exactly what I'm talking about. When you walk barefoot on the floor, it feels like you are walking on rocks. Sometimes there might be a thick callus on the bottom of your foot. Other times there is no callus, but you're feeling the bones on the bottom of your foot against the floor.

You all ask me the same thing: "Can't you just squeeze some fat into the bottom of my foot?"

Finally...the answer is "YES!"

Until recently, some doctors were using artificial dermal fillers. Those worked temporarily and had to be "touched up" regularly. I chose not to work with those, since they were not designed to be used in a weight-bearing surface like the foot.

There's now a product called Leneva. Leneva is processed human adipose tissue. In other words, it's sterile fat. Here's the amazing thing...it forms a scaffold for your body to create new fat tissue. Because of this, you shouldn't need any further "touch up" treatments.

This fat pad replacement procedure is done in the office and is pretty quick. It is not covered by insurance, so let us schedule a consultation to see if it's right for you.

It's time to stop walking on rocks and begin walking on air.



What's the Ideal Humidity Level for Your Home?

Here in Houston, we rarely have to worry about humidity outdoors. But inside our homes, it's a different story.

Now, to review, humidity is a measure of the amount of water in the air around you. And while everyone's humidity tolerance is different, there are some absolute guidelines to follow. Basically, research suggests your home's humidity levels should be between 40%-60%. But in order to avoid mold growth in your home, you should really keep those below 50%. And remember, as the weather shifts, the humidity will too. So keep a close eye on your indoor monitors for maximum comfort and safety.



Understanding Glaucoma

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging your optic nerve. These diseases are scary because symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

Now, there's no cure for glaucoma, but early treatment can often stop the damage and protect your vision. Anyone can get glaucoma, but you're at higher risk if you:

- Are over age 60
- Are African American or Hispanic/Latino and over age 40
- Have a family history of glaucoma

To protect your vision, it's important to talk with your doctor about your glaucoma risk. Together, you can figure out how often you should be checked for glaucoma.



X-rays and Radiation: What You Need to Know

As we know, large doses of radiation can increase your risk of developing cancer and other complications. So you may be worried about the low doses of radiation you're exposed to from imaging tests such as x-rays. But consider this: people are constantly exposed to radiation, from a number of sources, including radioactive materials in our environment, radon gas in our homes, and cosmic rays from outer space.



In fact, the average American is exposed to about 3 mSv (millisieverts) of radiation from natural sources over the course of a year. Now, x-rays and imaging scans will increase your exposure (they average between 0.1 mSv for a typical x-ray to 25 mSv for a PET or CT scan. Clearly, this exposure may slightly increase your risk of complications. On the other hand, medical imaging can detect diseases or conditions that could threaten your life. With that in mind, talk to your health care provider before scheduling any imaging test. Ask whether it's needed, what you and your health care provider can expect to learn from that test. Because, at this time, it's best to get only necessary imaging tests, and to otherwise limit your exposure to all forms of radiation. Remember, World Cancer Day is coming on Feb. 4. So we should all do our part to lower our risk for future cancers!



From the desk of Dr. Andrew Schneider

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