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THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



UNDERSTANDING ACHILLES TENDONITIS

Achilles tendonitis is a common overuse injury. That means that repetitive stress on the tendon causes it to be overworked. This leads to inflammation, pain and—if left untreated—possibly even a tendon rupture.

Want to protect yourself from this injury that's common in runners as well as other active individuals? Avoid these common causes of Achilles tendonitis:

- Exercising without warming up or stretching first
- Straining the calf muscle during exercise
- Increasing your speed, mileage, or intensity too fast while training
- Playing sports that require starting, stopping, pivoting, and lateral movements such as tennis and basketball
- Wearing worn out or unsupportive shoes, along with high heels.

Now, some risk factors are unavoidable. These include having legs that are different lengths; having flat or high-arched feet. But, in such cases, we can protect you from tendinitis with supportive devices such as custom orthotics.

JUMP INTO PICKLEBALL THIS SPRING... WITHOUT THE INJURIES!

Pickleball is still one of the hottest sports in America, yet sport-related injuries have risen as individuals of all fitness levels try and embrace this game. So, how can you enjoy this paddle-based sport without the pain? First, try to lower your risk for problems by investing in shoes that have stiff frames and lateral stability. (You could even buy special Pickleball shoes, if you're really into the game.) Also, make sure to focus on the breathability of your shoes, choosing sweat-wicking socks, in order to protect your sweaty feet from athlete's foot infections.



HOW TO HANG UP ON SCAM CALLS FOR GOOD



Whether they're asking to buy a property you don't even own or offering you a chance to reduce your student loan debt, robo calls—often from scam artists—are at best an annoyance, and at worst an entry point for far worse than irritation. So, what can you do if you get one of these calls? Hang up **right away**. Don't press any numbers, even if they claim doing so will take you off their list. As soon as the call ends, block the incoming number and report the calls to [DoNotCall.Gov](https://www.donotcall.gov) or to the FTC.

SCHNEIDER FAMILY UPDATE

This has been a busy month for all of the Schneider kids!

Let's start with Jonah. Jonah is FINALLY on his spring break, which at his school coincides with Passover. In preparation for Passover, Jonah visited the Medallion senior living center. Jonah volunteers with a group from his school called Better to Serve. Most Sunday mornings, he spends at the senior center talking with the residents and doing some activity. Before Passover, they all baked matzah together.

Daniella had a great spring break. She spent a week with us in Houston and then went to Florida to visit her grandparents and other family members. Yes, Grandma and Grandpa took her to play golf. Turns out she's a natural. She's back at school and has been on numerous sets serving as a script supervisor. Fortunately, Daniella (and Drexel) have not had the problems of the anti-Israel and antisemitic protests that is plaguing other institutions.

Ariel and Hannah are enjoying Ariel NOT being in the army. They finished their semesters at Bar Ilan University and are now enjoying break over Passover. They took the opportunity to go on a hike to appreciate the beauty of Israel. Thanks so much to those of you who have been praying for their safety. I'm happy to say that they are both safe. We're hoping that they'll be able to come to the states for a visit this fall.



HOW TO STOCK A USEFUL FIRST AID KIT

Every home and car should have a complete, well-stocked first aid kit to provide care in case of an accident or emergency. While you can buy complete kits at most drugstores, be sure to personalize yours with:



1. Necessary medications as well as the phone numbers for emergency contacts.
2. Even once your kit is complete, be sure to check it regularly to make sure you haven't run out of necessities.
3. Finally, be sure to swap out any expired products in order to fully protect yourself and your loved ones.

KEEPING CREEPY CRAWLIES OUT OF YOUR CAR

Did you know that spider infestations in your car can be a real problem? For the most part, you'll find these eight-legged nuisances inside car door edges, near windows, or even in your car's ceiling or steering wheel. Want to get rid of these pests safely? Put a pack of odor-clearing chlorine in your car—that should clear out the spiders. Just be sure to let the car air out completely before you drive it again, as chlorine can be harmful when inhaled by humans.

LEARNING THE WARNING SIGNS OF DIFFERENT TYPES OF DIABETES

Diabetes is a disease characterized by rises in your blood sugar. But there are different forms of the disease. If you have diabetes Type 1, you have a chronic condition caused by your pancreas' inability to produce sufficient (or any) insulin. Most Type 1 diabetics are diagnosed during childhood or adolescence; they first complain of symptoms such as increased thirst, frequent urination, hunger, fatigue, and blurred vision. In contrast, Type 2 Diabetes is also a chronic condition, but it's triggered by the way that your body is able to process blood sugar. When you are a Type 2 diabetic, your body may not produce enough insulin. However, some Type 2 diabetics do produce insulin, but their bodies resist what they produce. While both disease types present with similar symptoms, treatment plans may differ, so it's important to work closely with your diabetic care team to manage your condition following an accurate diagnosis.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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