

Why Tendon Pain is So Tricky to Treat

Once an Achilles tendon is inflamed, it doesn't take much to make it worse. It could be running through the Houston airport to catch a flight in shoes that are not exactly designed for a workout; it could be due to overuse, repetitive impacts or even biomechanical imbalances. Whatever the cause, the result is the same: frequent and worsening pain.



The problem is that the Achilles tendon is not so easy to treat. Oral anti-inflammatory medication is not always effective. We are limited in what can be injected into and around the Achilles tendon, too, since a cortisone injection is a no-no for the Achilles (there is a risk that it would weaken and rupture the tendon.)

Restricting the motion around the tendon is an option. We can provide you with a gauntlet ankle brace to allow your tendon to rest. We can also treat your Achilles pain with topical applications of Biofreeze. If these interventions don't work, you may have to stop bearing weight on the inflamed tendon side of your body, and embark on physical therapy or some shockwave therapy.

So, the bad news is that treating Achilles tendinitis requires tremendous patience and strict adherence to the treatment plan. But, the good news is that we can resolve this pesky problem, even if it takes a while. If tendon pain has been nagging at you, come in to the office as soon as you can. Waiting will only mean an increased likelihood of aggravating your injury.

What The Heck Is A Podiatrist?



Have you ever struggled to explain to friends or family members what makes a podiatrist different from your regular doctor? Here's a quick and easy explanation: A podiatrist is a doctor of podiatric medicine (DPM), a physician and surgeon who treats the foot, ankle, and related structures of the leg. Podiatrists complete four years of training in a podiatric medical school and three years of hospital residency training after that. Their training is similar to that of other physicians, but focuses solely on the structures they treat, allowing podiatrists to become highly-specialized, expert care givers. Podiatrists can focus on many fields, including surgery, sports medicine, wound care, pediatrics, and diabetic care. If you have injured your foot, toes or ankle, or are experiencing pain in these areas, a podiatrist will offer you the best chance of a quick and accurate diagnosis and treatment plan.

Cultivating Healthy Body Image

We hear a lot about loving ourselves and body positivity these days, but it can feel like a struggle to truly embrace ourselves as we are. Put simply, body image can be defined as how you see and picture yourself in your mind; it includes what you believe about your own appearance, how you feel about your body and how you sense, feel and control your body as you move.

Body image is very important, as it is frequently connected to eating disorders. While weight gain, major life changes and unrealistic media standards can make it challenging to maintain a positive body image, there are steps you can take to feel better about yourself as you are now:

(adapted from "BodyLove: Learning to Like Our Looks and Ourselves," by Rita Freeman, PhD)



- Be realistic about the size you are likely to be based on your genetic and environmental history.
- Stay active (walking, dancing, yoga, etc.), regardless of your size.
- Expect normal weekly and monthly changes in weight and shape.
- Work towards self-acceptance and self-forgiveness; be gentle with yourself.
- Ask for support and encouragement from friends and family when life is stressful.
- Decide how you wish to spend your energy: pursuing the "perfect body" or enjoying family, friends, and, most importantly, life.

Don't Forget to Protect Those Peepers from the Sun

The sun in Houston is here to stay, which means it's time to focus on sun protection. In previous newsletters, we've talked about sunscreen and how to pick the coverage that's best for you. Now, let's talk protection for your eyes: over time, UV rays can damage your vision. Sunglasses can help prevent this damage, but only if they are coated to block UV rays. Wearing a large, wide-brimmed hat can help block out additional UV rays, especially at the corners of your eyes, which may be left unprotected by sunglasses. Remember, once your vision has been damaged, that harm cannot be repaired. So lather up the sunscreen and cover your head and eyes every time you head outdoors!



How to Survive A Shelter In Place Crisis

First, there was the fire at a plant in Deer Park. Now, there's been a second chemical plant fire in Crosby. Increasingly, Houston residents are facing the likely reality of being ordered to shelter in place—stay exactly where you are, regardless of whether that's your house, office, school or even the grocery store. Should that situation once again arise, here are some helping coping techniques you can employ to get through the crisis calmly and safely:

1. **Secure the area:** If you are sheltering because of an immediate threat of violence or severe weather, your first priority is to care for yourself and those around you—lock the doors, stay away from windows, and stay in interior rooms if possible.
2. **Acknowledge your emotions:** Typical reactions to sheltering in place because of an immediate problem include: Anxiety about the situation; fear for your own safety and that of your loved ones, especially if you have been separated; concern about being able to effectively care for children or others in your care; uncertainty, anger, or frustration about how long you will need to remain sheltered, and about what is going to happen. If the situation extends for hours or days, you may also expect to feel isolated, sad, bored and/or lonely.
3. **Develop coping strategies:** First, consider the real risk of harm to yourself and others around you by getting the facts. Stay up to date on what is happening, but don't immerse yourself in constant news shows, as this may increase your anxiety. Shelter children from all information they don't truly need to hear, and always get your information from credible sources (hint: NOT social media!) Come up with safe activities that can help pass the time more comfortably—a board game marathon, reading race or even cooking contests (if resources are plentiful and rationing isn't required) can all help you get through with your sanity intact.



Tanglewood Foot Specialists

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Tanglewood Foot Specialists

1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com

Keep up with us on social media!



Need a Solution for deformed toenails?

We offer **Keryflex Nail Restoration**. This procedure uses polymer resins to create a flexible, durable artificial nail. This toenail looks and acts like your natural toenail. It can be filed and shaped, and polished. The nail polish can even be removed with an acetone-based nail polish remover!

This is a perfect treatment for men too! Even if the toenail isn't polished, it has a matte finish that looks completely natural. The Keryflex toenail is applied in the office in a painless procedure that takes approximately 15 minutes. There is no pain, no anesthetic, no surgery, and no lasers involved. You'll be amazed how great the toenail looks when you leave!

Sudoku

6			4	9				2
			3					1
			5	2	6	8	4	
	7					4	6	9
		4	9	7	5	3		
9	3	8						5
	2	7	6	1	8			
3				5				
8			3	9				5

March's Answers

8	4	1	7	3	6	9	2	5
9	6	2	8	5	4	3	7	1
7	5	3	9	2	1	4	6	8
6	9	5	1	8	7	2	4	3
3	1	8	4	6	2	5	9	7
4	2	7	3	9	5	8	1	6
2	7	4	5	1	3	6	8	9
5	8	6	2	7	9	1	3	4
1	3	9	6	4	8	7	5	2

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our April 2019 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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