



All About Those Dreaded Ingrown Toenails

There is little more feared than an ingrown toenail. It starts innocently enough with a bit of redness in the toe and an occasional pain. Then it begins to hurt to wear shoes and you notice blood and pus on your sock. Do I have to go to the doctor? Will my whole toenail need to be removed? An ingrown toenail does not have to be a scary proposition.



When a toenail is ingrown, the nail is curved downward and grows into the skin, usually at the nail borders. This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

The most common cause of ingrown toenails is improper trimming. Cutting your nails too short encourages the skin next to the nail to fold over the nail. Another cause of ingrown toenails is wearing shoes that are tight or short. Ingrown toenails can also occur as a result of trauma, such as stubbing your toe, dropping an object on the toe, or from sports that involve pressure on the toe, such as kicking or running.

Treatment for an ingrown toenail varies depending on the severity of the condition. Surgery to correct an ingrown toenail is a simple, in-office, procedure to remove the offending border of the toenail. It generally involves numbing the toe and removing a small border of nail. In some situations, removal of the entire nail may be necessary. If the ingrown toenail is found to be recurrent, permanent removal of the offending nail border may be recommended. This involves a technique to destroy the nail root to prevent further growth of the portion of toenail.

Prevention of ingrown toenails is the best treatment of all. Proper trimming of the nails help to prevent ingrown toenails. Toenails should generally be cut straight across and not too short. Also, avoid poorly fitting shoes, especially ones that are tight in the toebox. If you notice the start of an ingrown toenail, avoid “bathroom surgery” and contact our office for a quick appointment.

Three Tips for Back-to-School Success

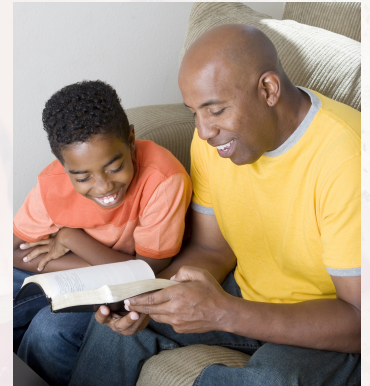
It's that time of year again...pencils, papers and lots of hectic new tasks to accomplish! For a stress-free return to the academic grind, try following these helpful guidelines:



Let Routine Rule - Knowing when to get up, what time to do homework and when dinner will be helps kids (and parents!) build a schedule that gets everyone through the day with ease.

Story time - Make time to read, look at pictures, and talk to your children every day. According to the US Department of Education, when adults talk with children

about books (or even pictures, for pre-readers) children learn more vocabulary and go on to do better in school than children whose parents do not read to them. Remember, even independent readers can benefit from family story time!



Get Your Zzzz's - Studies show that children who have consistent bed times score better on cognitive tests throughout grade school. Pick a time and routine that works for your family and try to stick to it. Remember: the National Sleep Foundation recommends 10 to 11 hours of sleep every night for grade schoolers, 11 to 13 hours for preschoolers, and 12 to 14 hours for 1 to 3 year olds!

Mark Your Calendars!

September 10 - World Suicide Prevention Day

September 13 - National Celiac Awareness Day

September 14 - Stand Up To Cancer Day

September 15 - National Concussion Awareness Day

September 18 - Take a Loved One to the Doctor Day

September 19 - National School Backpack Awareness Day

September 23 - Restless Legs Syndrome Awareness Day

September 29 - Family Health and Fitness Day

September 29 - World Heart Day

Breaking Down Stress

Stress is a normal reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But experiencing too many challenges on a daily basis (chronic stress) can lead to a situation where your health is threatened.

Stress management is a true necessity in today's hectic world. First, it's important to figure out what gets you stressed: running late? Carpool lines? Your demanding boss? Next, think about some coping strategies, starting with things you can control. For example, if stress keeps you up at night, the solution may be as easy as banning screens from your bedroom so you can slowly get into the sleeping mindset as you unwind from a long day.

When it comes to things you can't always control, like your job demands, you just have to change your reaction. Don't feel like you have to go it alone. Seek help from family and friends who may be able to lighten other parts of your load.

Of course, maintaining a healthy lifestyle helps you manage stress. Eat well, exercise regularly and get plenty of sleep. Make a conscious effort to spend more time doing what makes you feel relaxed.

Stress is here to stay—that's just a fact of modern life—so that means stress management needs to be ongoing. By paying attention to what gets you stressed and actively working to fight those feelings, you can counter some of the bad effects of stress and increase your ability to cope with challenges.

3 Ways to Exercise Your Brain With Games

While studies have been inconclusive, there's plenty of research to suggest that certain types of brain games can help prevent mental aging and improve your present-day mental functioning. Plus, they're fun and challenging (and certainly better for you than another round of Candy Crush!) Check out our top three Brain-Game recommendations:

- **Sudoku**

Sudoku is a number placement game that works off of your memory. To complete a Sudoku puzzle you have to look ahead and follow trails of consequences—if you put a 6 in this box, that one must be an 9 and this one a 2, etc. This "planning" helps improve short-term memory and concentration

- **Crossword Puzzles**

Crosswords access not only verbal language but also memories from many layers of your knowledge. Best of all, you can do them on and off line, practically anywhere you go!

- **Brain Age 2**

For those of you who can't let go of a device, this one is a brain training and mental fitness system for the Nintendo DS system (For 3DS users, try Brain Age: Concentration Training.) It offers tons of games designed to hone your concentration, memory, calculation, and other brain skills, all while tracking your progress!

Here's Why You Need A Dog!

We know: buying a pet is a major commitment. It takes space, time and, of course, money. But if you're ready to bite the leash and adopt a canine family member, you can start enjoying so many health benefits!

Did you know that dog owners, especially those who live alone, are 33% less likely to die from a cardiac event, and 11% less likely to develop cardiovascular disease than other people? Part of this is because dog owners tend to stay more active (maybe now you won't mind those 6 a.m. walks!) but researchers believe the decreased risk is also due to the effect dog's have on a home environment, reducing stress and boosting owner's immunity.

Dogs can also help improve their owner's social lives, getting people out and interacting with like-minded pet lovers. Some dogs can even sense when their owners are developing a serious illness like skin or kidney cancer!

As if all those benefits weren't enough reason to pick up a pooch, consider this: they're cute, cuddly and deliverers of unconditional love!



Quick Healthy Lunch Snacks

So, you're getting back in the school swing. You've nailed your sandwich game: whole wheat and turkey? Check. But now you're stressing over what to pack for snacks. The kids say Gushers, You say, 'heck no!' How can you make everybody happy? Try one of these 10 easy snack ideas (they're easy to buy or make and high on flavor!)

1. Whole Grain Pretzels with Cream Cheese for dipping
2. Fruit and yogurt parfaits (add yogurt to container, add granola and blueberries or raspberries and you're done!)
3. Smoothies (pack frozen in lunch and the smoothie will thaw to desired temperature by afternoon snack time!)
4. Fruit salad (slice one kiwi and mix with a few blackberries)
5. String Cheese and 6 whole wheat crackers
6. Cherry tomatoes with ceaser dressing for dipping
7. Shelled edamame
8. Popcorn
9. Made Good granola bars
10. Apple chips

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Expires September 28, 2018

Special Edition Sudoku!

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

July Answers:

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our August 2018 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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