

DECEMBER 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Step Into the New Year Without Foot Pain

As we finally say goodbye to 2020, we want you to start the New Year on the right foot...and that means paying attention to your toes! Often ignored, your little piggies play a major role in supporting you as you move through your day.

One of the best ways to care for your toes is to give them a little TLC. When cleaning your feet, wash and dry between your toes as well. You may want to spruce up your toes with a pedicure, and that's a great idea. If you follow our safe, DIY home pedi tips, to do so without fear of infection.

You should also pay attention to any changes in your toes' appearance. If they are red, swollen, itchy or sore, these could be signs of injury, infections, or even the start of a painful nerve problem such as neuropathy.

Notice any changes? Make it your New Year's resolution (more on that in a minute) to get your feet checked out in our office. Self-diagnosing and treating foot problems rarely offers pain relief. In fact, trying to address foot pain on your own can often lead to more complicated problems.

Instead, do yourself a favor. Come see Dr. Schneider at the first sign of pain, discomfort or physical changes in your foot. It's the best and simplest way to ensure that 2021 will be a year free of foot pain. (And, we hope, all the other challenges we've faced in this unprecedented year!) **Wishing you all a Happy, Healthy and Pain Free New Year!**

How to Keep those New Year's Resolutions

Want this year to be the one in which you finally keep your resolutions? We're here to help, with this simple 3-step plan.

Step One: Set a specific, measurable goal, such as walking for 15 minutes each day. And stick to one change at a time, to avoid getting overwhelmed.

Step Two: Plan to succeed with your goals, by writing down what will help you work towards achievement. List when you will start your plan, and account for steps you can take if you run into obstacles (like what happens if the weather keeps you from walking outside... hello, stair stepping!)

Step Three: Don't wait, start now! By starting your plan immediately, you can start seeing fast results, building on your motivation. To help keep you accountable, log your daily progress. And if your goal becomes second nature, you can even add a new, next-step goal to your plan so you're always moving forward!



Celebrate National Blood Donor Month

It's almost January, which is designated as National Blood Donor month. Now, more than ever, we urge you to donate blood if you are able. Did you know that, according to the American Red Cross, someone in the U.S. needs blood every two seconds? It's essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. And, with the pandemic, donation events like blood donor drives are limited. That's why, if you can—and it's safe to do so—we urge you to start the New Year off with a blood donation!

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



Schneider Family Update!

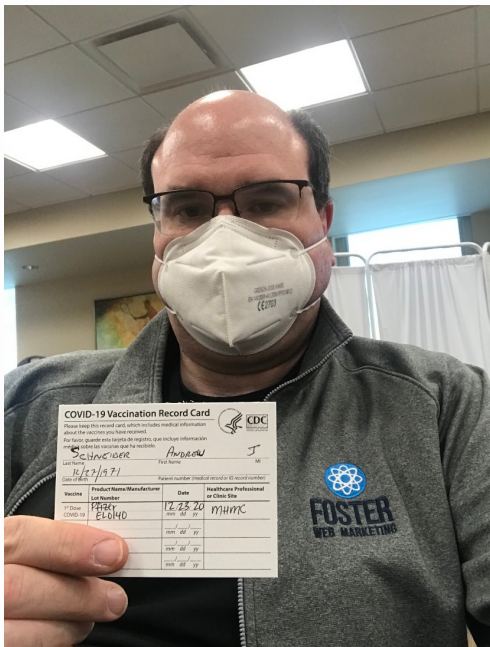
As the year winds down, we felt it was a good time to brag on the Schneider family members who celebrate December birthdays.

Jonah turned 12 on December 15. His siblings joke that he gets everything that they wanted, but we said no to. Actually, they're not wrong. Jonah has been at school in person and is enjoying his winter break. One highlight from the school year is that Jonah ran for 6th grade student council representative and won. Congratulations Jonah!

Dr. Schneider's wife Mirit had a birthday on December 20. She is a teacher and is enjoying the break from school. Recently, she participated in the Virtual Run for the Rose which raises money for the Marnee Rose Foundation. She ran in honor of one of her students who is being treated for brain cancer.

Dr. Schneider celebrated a birthday on December 27. His present came a few days earlier when he got his first dose of the COVID Vaccine. Other than a slightly sore arm, there were no issues.

We are all very much looking forward to 2021. We wish you and your family a happy, healthy, and prosperous New Year!



Grab this Better-for-You Nail Polish and Remover

Have you noticed our stock of Dr's Remedy Enriched Nail Polish when you stopped by the office? We love this polish for so many reasons: it comes in a stunning array of colors. This line of polishes doesn't contain the harmful toxins, such as Formaldehyde, Toluene, and DBP, found in most other brands.

Those chemicals damage your nail over time: you'll notice white streaking after your polish is removed. But Dr's Remedy does not contain these damaging toxins...instead, each polish is enriched with natural antifungals and Vitamins C and E, to give you a stronger, healthier nail.

And when it's time to remove your polish? You don't have to use drug store brands that contain acetone, which, by the way, can dissolve plastic. Instead, grab a bottle of Dr's Remedy acetone free nail polish remover. Like the polish, this remover is missing all the bad stuff, and it's enriched with wheat protein, natural antifungals, and vitamins, so it gets rid of polish while boosting your nail health. Sounds like a great holiday gift, right?

Concussions and Kids Sports



Youth sports are important for keeping active, and they provide opportunities for developing team work and leadership skills. Unfortunately, they are put kids at risk for concussions: 3.8 million Americans get a sports-or-recreation-related concussion each year.

Even if your child seems ok, he or she must see a doctor immediately after hitting his or her head playing sports. Despite the COVID-19 surge in cases, you can't afford to delay seeking medical treatment after a youth sports injury. Your physicians are working hard to keep their offices safe, and staying home to avoid infection could actually lead to permanent, serious injuries down the road.

Dangers of Insomnia

Insomnia takes a toll on your health. It's not just about lost hours of sleep. In fact, insomnia can trigger daytime sleepiness, as well as irritability, depression, or anxiety. Some gastrointestinal symptoms are tied to insomnia, and chronic lack of sleep can also hurt your focus, energy and even your coordination.

While you can discuss medical sleep aids with your doctor, there are also natural ways to improve your sleep. Try to go to sleep and wake up at the same time every day. Make an effort to get out in natural light, ideally soon after waking up. Then, at night, begin winding down an hour before bedtime. Stick to a self-care, relaxing routine; banish screens from your bedroom. And when it's time to lie down? Make your room as dark and quiet as possible to avoid disruptions or anxiety about falling asleep.



From the desk of Dr. Andrew Schneider

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