

DECEMBER 2019

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Fractures & Sprains: How You Can Spot The Difference

You step the wrong way, you take a beating on the athletic field, and you know your foot or ankle hurts. But what you don't know is whether that hurt means you've suffered a fracture or a sprain. In truth, the only real way to rule out a fracture is to have a foot or ankle x-ray. There are, however, some tell-tale signs and symptoms that can help you figure out what you're dealing with before you see your podiatrist.

First, let's go for a quick reviews: what exactly is the difference between a sprain and a fracture? When you have a sprain, your ligament (the tissue that binds two bones together) is stretched or torn. When you have a fracture, your injury affects your bone: it may be chipped, cracked or broken into two or more pieces.

While a fracture is a more serious injury, you should see a doctor for both, to ensure a correct diagnosis and proper healing.

You might think that your pain level could help you figure out whether you've got a sprain or have broken a bone, but you'd be wrong: fractures are not typically more painful than sprains. In fact, your discomfort will be almost identical with both injuries. And you may be able to keep walking whether you've broken or sprained your ankle or foot.

The key, then, in differentiating between the two injuries is, often, where you experience pain. In the case of a sprain, you'll feel pain in the muscles and soft tissue around your bone. With a fracture, the pain will emanate from the bone itself. Of course, when you're hurting, it can be tough to pinpoint the exact location of your pain. Especially when you're dealing with relatively compact areas like the toes, feet and ankles. For that reason (and because self-diagnosis is rarely all that accurate) we suggest you come in and see us after any foot or ankle injury. That way, we can provide you with an appropriate diagnosis and targeted recovery plan.

UPCOMING HEALTH HOLIDAYS

- January is Birth Defects Prevention Month
- Blood Donor Month
- Cervical Health Awareness Month
- Glaucoma Awareness Month
- Thyroid Health Awareness Month



We Treat Feet, but Don't Ignore Those Teeth

Too many people ignore preventative oral care, but a regular dental check-up is a crucial part of maintaining the health of your teeth and gums. Why is it so important, if you brush and floss regularly? Not only do check-ups allow your dental professional to check for cavities, but your exam will also include a check for plaque and tartar on your teeth. Plaque is a clear, sticky layer of bacteria. If it isn't removed, it can harden and become tartar—a substance that can't be removed with brushing and flossing. And if you develop tartar build up, you can develop oral diseases.

But guess what? Oral disease doesn't stay localized in your mouth. Many serious health conditions—including diabetes, which can take a major toll on your foot health—have been linked to unhealthy teeth and gums. And let's face it, your dentist does a better, more thorough cleaning than even the most dedicated home brusher. So do yourself a favor and get in to your dental office every six months (or more frequently, if recommended by your healthcare provider.) Your mouth is just too important to leave its care up to chance.



Smoking & Your Heart

Most people know that smoking increases your risk of lung cancer, but did you know it also increases your risk of heart disease?

Yup, that's right: research shows that smoking increases your heart rate, tightens your arteries, and can cause an irregular heart rhythm, all of which make your heart work harder. Smoking also raises blood pressure, which increases your risk of stroke. Plus, there are chemicals and compounds such as tar and carbon monoxide in cigarettes that are also harmful to your heart. These chemicals can cause fatty plaque to build up in your arteries (atherosclerosis), affect cholesterol levels, and increase your risk of a blood clot, heart attack or stroke.

What this all means is that there is no "safe" amount of smoking. Even if you just smoke at parties or socially, you're causing damage your heart and blood vessels. So make yourself a New Year's vow to snuff out smoking for good!



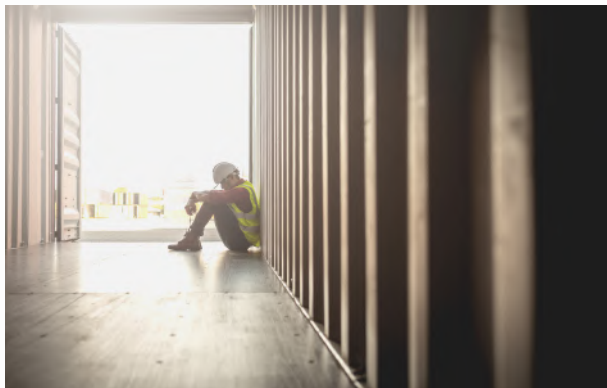
How far can you go?

Let us help! Learn more here and start moving toward a pain free life

Headaches, When Should You Worry?

Everyone gets the occasional headache—especially around the holidays when endless family and social obligations limit our sleep and maximize our stress. This is completely normal (if unpleasant.) At times, however, a headache should be a cause for concern. Check out signs these sudden headache symptoms that should lead you to seek medical attention:

- You also experience weakness, dizziness, loss of balance, numbness, tingling, or an inability to move your body
- You're confused or having trouble with speech



- Your vision is also affected
- You're short of breath, have a stiff neck or fever
- You're extremely nauseous or vomiting
- You've recently suffered a head injury or been in an accident
- You're over 50 and experiencing this type of headache for the first time

Often, your headache will resolve quickly with rest and some over-the-counter medications. But if there's a chance your head pain could indicate a more serious medical condition, it's worth giving a call to your healthcare professional.

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



The Drug Free Way to Manage Chronic Pain

Living with chronic pain can impact your whole life—but sometimes the drugs that help you cope can make matters even worse. If you're looking for a drug-free way to manage pain, cognitive behavioral therapy (CBT) may be a helpful solution.

What is CBT? It's a short-term, goal-oriented type of talk therapy designed to help you learn new ways to manage your pain through relaxation techniques and coping strategies.

As such, it starts with your thoughts. When you're always hurting, your pain is objective—but the way you think about it is up to you. CBT works on the premise that, by focusing on your pain, it can actually start to feel worse. Especially if you start to believe that you'll never feel better.



With CBT, your therapist can help guide you to more positive thoughts that help you recognize some days are better than other.

This, in turn, will help you regain control of your life and seek out positive experiences and options that can make you feel better emotionally and physically. It will also help avoid the depression that so often accompanies chronic pain conditions. While it may not resolve your discomfort, it can help make your life more livable and allow you to once again find joy.

The Schneider Family

It's basketball season and Jonah is back on the court as part of the middle school junior varsity team. He's already made some great plays and is showing great improvement. We will keep you updated as the season progresses.



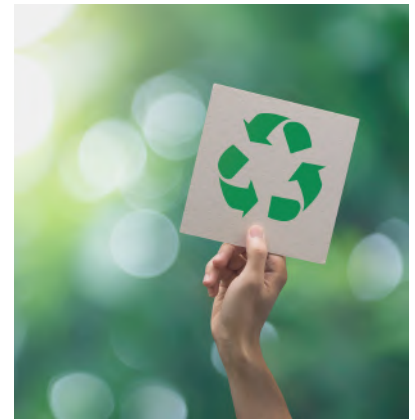
5 Ways To Work Recycling Into Your Life

We all know that recycling is important. But sometimes it can feel like a burden. If that's the case for you, check out these easy ways to jump into reduce waste:

1. **Print on both sides of the page.** First, stop and think about whether you actually need to print that document. And if the answer is yes, make sure to opt for double-sided printing.
2. **Get the right equipment.** Recycling is easier when you're set up for it. So invest in paper, plastic and metal bins for your home.

Label them and store them out in the open so it's easy to pop your waste in the proper place.

3. **Buy better.** Make an effort to buy products made from recycled material.
4. **Buy rechargeable batteries.** This one simple move will keep you from purchasing as many 1000 regular ones.
5. **Start mugging.** Instead of grabbing your morning coffee in a paper or Styrofoam cup, make your joe at home in a mug, or bring your mug to your favorite coffee spot and ask for a fill up.



From the desk of Dr. Andrew Schneider

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tanglewoodfootspecialists.com

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As we bring 2019 to a close, we are so thankful for each and every one of you. You make our days brighter by coming into our office and allowing us to help you feel better. Wishing you a happy holiday season and a very healthy 2020!