

What To Expect With Foot Surgery

When you need foot surgery, knowing what to expect from the process makes everything (including your recovery) go more smoothly. And, since one of the more common foot surgeries we perform in our office is a bunionectomy, we're going to walk you through this procedure so you can know what to expect in the operating room, and in the days, weeks and months that follow.



What you may not realize is that a foot operation is actually a big deal, so you really need to know what you're getting in to before you opt to give up on less-invasive treatment options.

In a bunionectomy, we cut the bones that have come out of alignment (causing the unwanted bumps), then force them back into place so that the outer edge of your feet can form a straight line again.

Although the procedure itself is fairly quick, usually only lasting about an hour, the recovery period lasts about eight weeks, as is the case with many foot surgeries. During the recovery time, you may not be able to put any weight on the affected foot, which is why many people choose to only have one foot procedure at a time, even if both feet need surgery. And there is one other thing you need to know: even after the acute recovery period, swelling in the affected foot may last for up to a year.

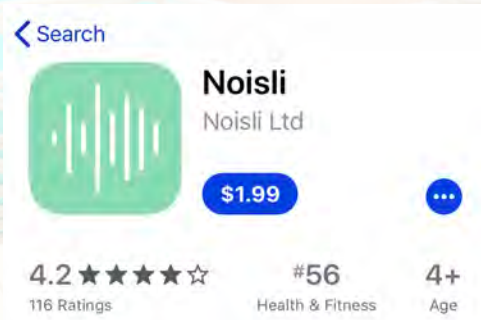
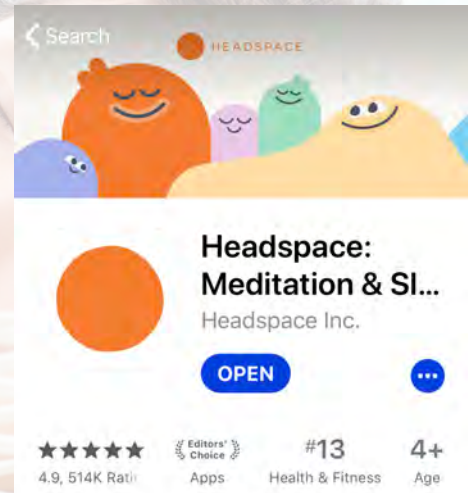
For some people, the pain and inconvenience they experience as a result of bunions or other foot conditions is great enough to warrant surgery. But, because we know the extensive recovery involved with any foot surgery, our goal is always to exhaust less invasive treatment options before recommending you for a surgical procedure.

Download These for More Zzzzzz!

Want more (and better quality) sleep? There's an app for that! Check out a few of our favorites:

❖ Headspace

Also used as a meditation app, Headspace's free version has "sleepcasts," that help calm you down and get into the right—you guessed it—head space for a good night's sleep. With new stories every night, you'll never get bored, and, if you decide to upgrade to a paid version, you'll also gain access to their meditation features.

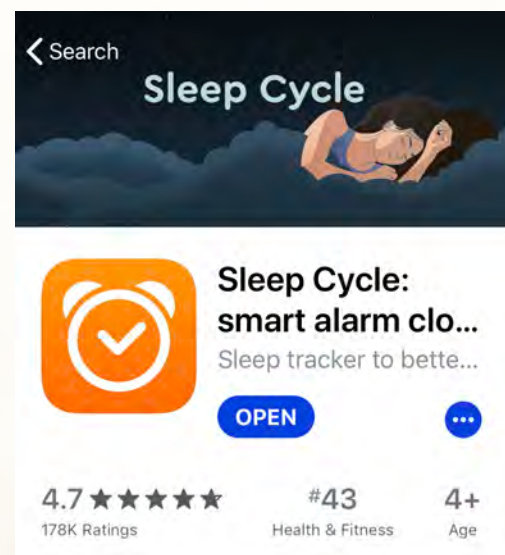


➤ Noisli

This is a very intuitive app that gives you a choice of soundtracks to use as background for your sleep. Drown out intrusive noises with options like wind, white noise, or even the buzz of conversation.

❖ Sleep Cycle

This app gives you tons of info on the quality of your sleep, providing you with feedback on how to make your nights more restful. It also has a built-in alarm clock that gently wakes you at the optimal time—during your lightest sleep phase—so you wake up energized for the day.



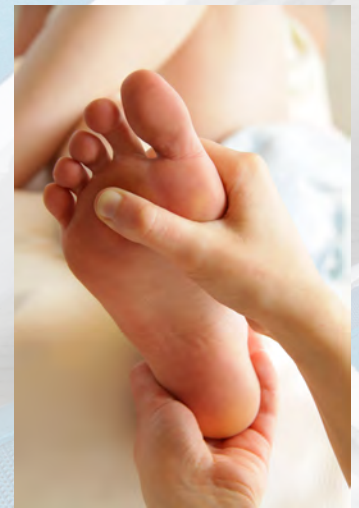
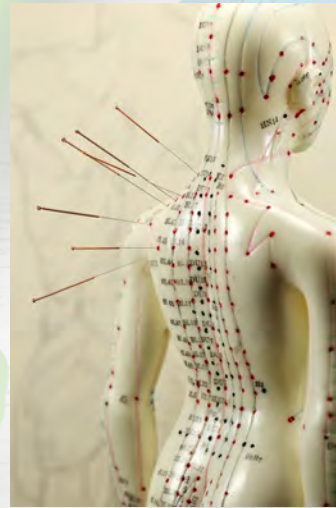
Is My Anxiety Normal or Problematic?

Anxiety is a term we use to describe an unpleasant feeling of apprehension. You might feel restless; you may start sweating; feel your heart race, experience your chest getting tight, your stomach getting upset or your head starting to hurt.

There are so many times when anxiety is a normal reaction to life experiences: many firsts, like the first day of a new job, will leave you feeling anxious. But this can be a positive experience, as it will make you more motivated to perform well right away. Anxious about a test? You'll just study harder!

In cases like these, anxiety is normal—it can even be helpful! So how can you tell the difference between normal anxiety and problem anxiety? The answer lies in the intensity of your experience.

Normal anxiety is situation-based. It comes and goes. In contrast, problem anxiety, is usually chronic and irrational. And for many people, it keeps you from enjoying normal daily life. If your anxiety seems to fall more into the problem category, we urge you to speak to a mental health professional. There is no shame in seeking help, and things can and will get better if you speak up.



Acupuncture vs. Acupressure: What's the Difference?

According to traditional Chinese medicine, our bodies have over 200 acupoints—spots on the body that are connected via pathways (meridians) that conduct energy between your internal organs and the surface of the body. By stimulating these points, it is possible to activate your body's innate healing abilities. In stimulating acupoints, your therapist will attempt to restore health and balance to the body.

Both acupuncture and acupressure stimulate acupoints; acupressure does so with pressure, often through fingers, elbows, palms etc. Acupuncture stimulates your acupoints using razor thin needles to stimulate those points. Acupuncture typically delivers a stronger stimulation than acupressure, but both can deliver effective pain relief.

It's that time of the year! Graduation!

Congratulations to Dr. Schneider's son Ariel on his graduation from high school! Next year, Ariel is pursuing religious studies during a gap year in Israel. Afterward, he will be studying engineering at Binghamton University!

Congratulations also to his daughter Danielle on completing eighth grade! She is headed to high school at Robert M. Beren Academy.





Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists

1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com

Keep up with us on social media!



Stay Safe On Two Wheels This Summer

Earlier this month we marked Global Bike Day, and we've featured biker's foot safety stories all month on the blog. In this newsletter, however, we want to focus on the single most important way to stay safe while biking: wearing a helmet. Just putting one on isn't enough. The fit has to be perfect. First, make sure your helmet has a CPSC-approved sticker. This will ensure it's not a counterfeit product. Next, follow these four rules of fit:

1. Helmets should fit snugly, and be level and stable on your head.
2. Helmets should fit two finger widths above your eyebrow.
3. Straps should form a 'V' under each earlobe, prior to buckling them.
4. Straps should be tightened to allow no more than two fingers between the strap and your chin.

Combine a well-fitted helmet with closed-toed shoes, a properly adjusted bike seat and your full attention to the road, and you're ready to roll!

Sudoku

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

May's Answers

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our June 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.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily Online at www.tanglewoodfootspecialists.com.