

## Botox as a Cure for Foot Pain?



As a Houston podiatrist, I always like to keep on top of new trends in treating foot pain. For quite some time now, researchers have been exploring the effectiveness of a treatment designed to help manage foot pain associated with plantar fasciitis and Morton's neuroma. The treatment may be surprising to you: it's Botox injections. I know it's typically thought of as an anti-aging drug, used to correct wrinkles, but studies like this one seem to suggest it could help manage the pain of several common foot problems.

I like to explore all foot pain treatment options like Botox injections. In one study, scientists in Spain explored the potential benefits of treating Morton's neuroma with Botox injections. Morton's neuroma is a potentially crippling nerve problem located in the ball of the foot and toes; it can cause you to experience numbness, tingling, shooting pain, sharp pain, or cramping pain when you try to walk. In the Spanish study, researchers discovered that over 70% of patients had less pain after getting Botox injections in their feet, although about 20% said they experienced little or no improvement in their condition.

In another study, Botox was explored as a treatment for plantar fasciitis, a painful condition of the heel and arch in which you feel sharp, stabbing pain because of an inflammation of the plantar fascia. Researchers gave patients a Botox injection and then followed them for a year afterwards; most of the study members experienced a good amount of improvement in their comfort level after the injections.

Thanks to these two studies, Botox is beginning to emerge as another weapon in the arsenal of treatments for foot pain. And as an added bonus, it might even keep your feet looking smooth and wrinkle free.

At Tanglewood Foot Specialists, I am willing to explore any legitimate treatment if it means leaving your feet pain free. If you are experiencing foot pain because of Morton's neuroma, plantar fasciitis or any other condition, make an appointment to see me today. I will do whatever is needed to manage your discomfort.

## 10 Heart Healthy Foods to Work Into our Diet

We spend a lot of time talking about foot health in this office, but it goes without saying that heart health is of equal (if not more) importance to your overall well-being. Did you know that you can improve your heart health just by making better food choices? Try eating more of these 10 foods, suggested by the Cleveland Clinic, to keep your ticker in top-notch condition!

1. Fish: salmon, tuna, mackerel, herring and trout
2. Berries: blueberries, strawberries, cranberries or raspberries.
3. Oatmeal
4. Dark beans: kidney or black.
5. Red wine: An ounce glass up to two for men and one for women per day
6. Red, yellow and orange veggies: carrots, sweet potatoes, red peppers and acorn squash.
7. Spinach
8. Fruits: oranges, cantaloupes and papaya.
9. Tomatoes
10. Dark chocolate: must be at least 70% cocoa



## Only You Can Prevent WIMS

There's a new-and very real-epidemic going around our country: Web-Induced Medical Stress (WIMS.) Here's what you need to know about this condition in order to keep yourself safe.

WIMS starts simply, when a person experiences any kind of troubling symptom: a headache, foot pain, leg cramps...anything bothersome, really. When the problem really begins is if that person turns to the web to diagnose the condition. By googling symptoms instead of seeing a doctor, many (MANY) individuals become extremely stressed, convinced they are suffering from some dire condition because their symptoms turned up alongside scary-disease key words on the Internet.

While the web certainly has its place in helping medical professionals, only a trained professional can deliver a true diagnosis. Why put yourself through the fear of believing you have a brain tumor when a quick visit to your physician could reveal that you just have a head cold?

Basically, WIMS is an entirely real-and entirely avoidable-problem. So do yourself a favor and see a doctor if you're worried about your health: that's the best (and only) way to avoid falling prey to WIMS.

## Introducing April Coker to Our Newsletter!

April is a personal trainer who will be adding to our newsletter to bring our patients helpful insights from her experience with clients. About April:

April is committed to helping people live their happiest and healthiest lives, with a solid backing of science. She has 12 years of fitness expertise with award-winning coaches and gurus and is passionate about wellness, nutrition, fitness and health. April draws inspiration from friends who have exercised almost daily for decades and today are rewarded with the mobility to do whatever they want, despite being in their 80s!

From her realization that almost all 'boxes', specialty gyms and boutique gyms do not actually cater to the Gen-X and the Boomers in a progressive way (even the injured Millennials!), April decided to become a certified Functional Aging Specialist™ with the Functional Aging Institute.

She is also a Certified Health Coach and Personal Trainer with the American Council on Exercise Science®. Understanding the intertwining relationship between health, nutrition and fitness, April works closely with a network of registered dietitians, physical therapist and doctors.



## What to Do if You're Being Bullied

As much as we try to help our kids stay safe and happy, bullying is one of their problems that we can't always be around to help solve. The best way to keep kids safe is by empowering them. Here are some ideas to share with your child about how to stop a bully and how to keep from getting bullied in the future:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

## Here's Why You Should Stay Active During Pregnancy

So, you'll be welcoming a new addition in 2018: congratulations! I hope your pregnancy is going smoothly, and that you're taking this time to care for yourself and your baby: getting plenty of rest, giving in to (some of) those cravings and taking some time to put up your feet and just relax! Having said all that, I still want to make sure that you're keeping active over these next nine months, and this is why, according to Fit Pregnancy magazine:

1. You're likely to gain less weight. At least 7 pounds less than pregnant women who don't work out, according to current research.
2. Labor and delivery may be easier. A fit cardiovascular system can give you more stamina for the pushing stage.
3. You lower your gestational diabetes risk by as much as 27 percent.
4. You're less likely to experience back pain. Water workouts and yoga can offer relief. Exercise during the second half of pregnancy seems to be especially helpful.
5. You're less likely to get constipated. Pregnant women's intestinal tracts often get backed up due to high progesterone levels and a growing uterus, but exercise, along with a diet high in fibre, can counteract this problem.
6. You'll have more energy.
7. You're more likely to avoid a forceps delivery, C-section or other intervention. Regular exercisers are 75 percent less likely to need a forceps delivery, 55 percent less likely to have an episiotomy and up to four times less likely to have a Cesarean section, research has found.

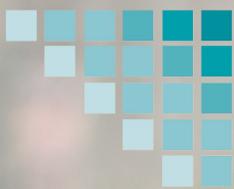


## Use Math for a better March Madness Payout

Are you gearing up for the awesome and insane NCAA Basketball tournament season? They may call it March Madness, but did you know there are actually research-based methods you can use to create a better bracket? I came across an interview with Professor Tim Chartier of Davidson College, and he suggested keeping the following 5 ideas in mind when building your bracket:

1. Want to pick a team with a seed of 10 or higher? Keep these stats in mind: Of teams with a 10 or higher seed, only three teams have won four games in the tournament and only five teams have ever won three games. Of these teams, no team was higher than a 12 seed.
2. For teams in weaker conferences, it is more difficult to tell how well they will play against stronger teams. To get a better sense of their strength as a team, look at the out of conference games that they play at the beginning of the season. Even if they lose, if it's a close game or they limit the number of points scored by the other teams, that may indicate that they are a potential cinderella team. (An underdog team that goes on to win it all.)
3. Seed Stats: More than three quarters of upsets are by 10, 11, or 12 seeds (More than a quarter of those are by 12 seeds alone)
4. One-third of lower-ranked teams who win in the first round are ranked within the top 30 offensively -- 55 percent were ranked within the top 50.
5. Stats of winning teams - in the past 15 years, every national champion except one was a 1, 2, 3 seed. The exception was Connecticut, a 7 seed. Every winner has been within the top eight best-or-strongest conferences. Every winner has been ranked within the top 25 (using KenPom.com pythagorean ranking method).

Hope this helps. Good luck and here's to a fun (and somewhat productive) March!



# Tanglewood Foot Specialists

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### Sudoku Corner

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

### January Answers:

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

### From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our February 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.



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](http://www.tanglewoodfootspecialists.com).