

FEBRUARY 2020

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## Let's Keep the Skies Friendly for Your Feet

Flying takes you where you want to go, but getting on a plane puts you at risk for swollen feet and, even worse, for vein problems. Especially if your circulation is compromised. So, if you have a history of DVT (Deep Vein Thrombosis), stroke, cancer, or heart disease; have had recent pelvic or leg surgery; are pregnant, overweight or have diabetes, you should talk to your doctor before flying. Most likely, he or she will emphasize the importance of getting up regularly during your flight, especially if you'll be traveling longer than eight hours. You will also likely be may also need to be fitted for compression socks, which come in a variety of styles and sizes.

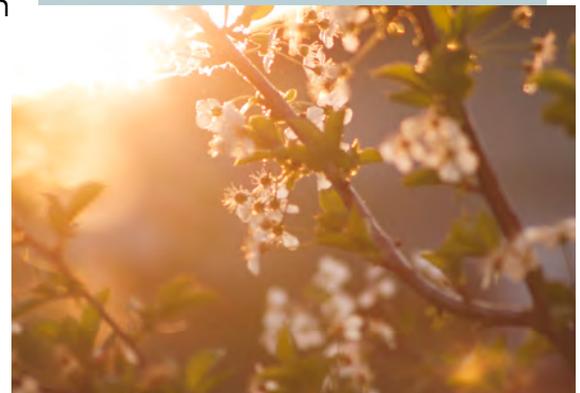
These socks

also come in a range of compression levels, so be sure to ask your health care provider how much force you need to stay safe. Compression socks are important

for air travel because they improve your circulation while reducing the risk of swelling and blood clots!

## UPCOMING HEALTH HOLIDAYS

- Multiple Sclerosis Education and Awareness Month
- World Kidney Day (March 12)
- World Sleep Day (March 13)
- National Poison Prevention Week (March 15-21)



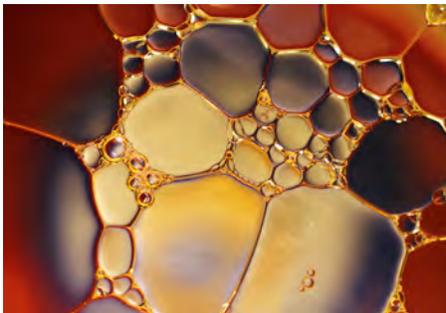
# When it Comes to Cholesterol, Trans Fat is the Worst Offender

Trans fats are created by adding hydrogen to vegetable oil so the oil is solid at room temperature.

Also known as partially hydrogenated oil, trans fat is found in many types of foods including:

- **Baked goods or frosting with shortening**
- **Chips and microwaved popcorn**
- **Fried food.**
- **Pre-made dough**
- **Non-dairy creamers**

Trans fat increases your risk for heart attacks, stroke and type 2 diabetes. It also impacts your cholesterol— increasing your LDL (bad cholesterol that builds up in your arteries) and decreasing your HDL (the good cholesterol that flushes LDL and brings it to your liver for removal). So, to protect your health read food labels carefully and avoid trans fat whenever possible.



## Do You Really Need to Wipe Down Gym Equipment?

Yes, please! The gym is a hot sweaty place, the perfect breeding ground for germs. And your sweat — and germs — can stick around on weights and benches, cardio-equipment, mats and many other surfaces. If you don't wipe down equipment after use, you're paving the way for the next user to pick up your germs. So, when the option is available, clean up your equipment. Lysol wipes are great, but paper towels and disinfectant spray work just as well.



### How far can you go?

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



## Coronavirus Update!

Yes, there have been suspected cases of Coronavirus here in Texas, but **no, it's not time to panic.** The 'new' virus is part of a family of viruses that are common among animals, but can be transmitted from animals to humans. Symptoms are similar to that of a common cold, but may be more serious for those with compromised immunity. Thankfully, U.S. authorities do not believe the disease will spread widely here, and is unlikely to affect those who are not in healthcare or have not traveled to China. Still, to be extra safe, practice proper cold-and-flu season hygiene: wash your hands often, with soap and warm water, and avoid putting your hands to your face in order to limit the spread of germs.



### Reminder:

Dr. Schneider will be out of the office from April 6th - April 19th.

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



## The Schneider Family

Our oldest son Ariel is continuing his Israel adventure for the year. While most of his time is spent pursuing religious studies, they have ample opportunity to experience the country. Here he is hiking in Ein Gedi, which is close to the Dead Sea. We are looking forward to visiting him in April!



### We are coming at you live! (On Camera)

Have you checked out Dr. Schneider's new video series? Each week, he's taking a few minutes to share deep thoughts or important information on topics ranging from ingrown toenails to the latest episode of TLC's My Feet Are Killing Me. You can check the videos out on our Facebook page each week. And, beginning this month, we are also launching our new Wisdom Wednesdays series on Facebook and Pinterest. With this new initiative, you'll get a bite-sized bit of foot-spiration to take with you all week-long. Got a topic you want to see covered on an upcoming video or Wisdom Wednesday? Please reach out to us at

[info@tanglewoodfootspecialists.com](mailto:info@tanglewoodfootspecialists.com) with your suggestions!

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# Tweak Your Nutrition for Energy That Lasts All Winter

Do you find yourself dragging all winter long? And reaching for extra helpings of comfort food? Try these tips for healthier, long-lasting energy instead:

1. **Choose Healthy Carbs:** Carbohydrates like nuts, whole grains, yams, squash and beets can boost your serotonin levels without causing a sugar crash down the road.



2. **Up your Vitamin Intake:** Vitamins C, D, and Zinc are great winter options. Together, they can boost your immune system, reduce your risk for food cravings and depression, and help you fight off infections. Zinc and vitamin C are fairly easy to get from food like fruit, veggies, fish, eggs and dairy, but you may need to supplement Vitamin D, especially in winter.

3. **Eat seasonally:** choosing winter fruits and vegetables is a natural way to give your body what it needs right now. Great options include squash, turnips, oranges, Brussel sprouts, broccoli, and pomegranates!

Staying on top of your diet in the winter is crucial. Seasonal weight gain can take a toll on your exercise routines, and your foot health too. So stick to your eating plans and get outside whenever possible. That should hold you over until summer returns—especially here in Houston, where that basically begins March 1!



## From the desk of Dr. Andrew Schneider

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