

FEBRUARY 2021

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

Keeping Fungus Off Your Feet and Nails

You may want to be the fun guy in the crowd, but you don't want the fungi attacking your feet or nails! Remember, your feet and nails are vulnerable to fungal infections, but they'll look different when problems pop up.

If your toenail is thick, yellow, or crumbling; if your nail smells bad or deformed, it could be a fungal toenail. This infection is hard to treat because the problem actually lies beneath your nail. Luckily, your podiatrist can target the problem with oral medication combined with topical medications that actually penetrate your nail bed to attack the underlying fungus. But remember, these treatments take time—sometimes, between 9-12 months, so come into the office at the first sign of a problem, so we can get you started on the path to healthy nails!

Now, foot fungus is a little different. With infections such as athlete's foot, some over-the-counter medications may work well—at least at first. Unfortunately, patients often complain that their infection keeps returning. Here, again, your podiatrist can help. When dealing with athlete's foot, you have to keep treating the infection even after symptoms disappear (these include itching, burning or cracked skin, and even foul smell.) On your own, it may be hard to know when to stop treatment. But with your podiatrist's supervision, we can prescribe the proper medication and appropriate treatment time to make sure your foot fungus goes away for good!

What are the Healthiest Cooking Oils?

When it comes to cooking, every small healthy choice makes a big difference. So which oils should you choose?

Olive oil is one of the healthiest choices because studies suggest its “good” fats can reduce your risk for heart disease and strokes. But it’s not a great choice for every dish, since extra virgin olive oil smokes over 375 degrees. To be safe, use for medium heat sautes or roasting below the smoke point.

Need something that can hold up to higher heat? Avocado oil has a mild taste, is high in monounsaturated fats, low in polyunsaturated fats, and, when refined, has a smoke point of 520 degrees, so it’s a great choice for baking, cooking, and frying!



Set Up Your Garden for Success

If you want a gorgeous spring and summer garden, March is the month to get to work—and get to planting. This month is the right time to plant roses (or prune existing bushes.) It’s also the right time to start applying rose food once a month for beautiful blooms.

Looking to start a vegetable garden? March is the time to plant anything from tomatoes (in the first half) to peppers, spinach, eggplant, and more. Use a liquid fertilizer and expect to have fresh veggies and beautiful bouquets gracing your table come spring!

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



Juju's First Snow!

There was supposed to be some snow on Monday. Here are some pics of Jonah, Daniella, and Juju enjoying the snow. It was Juju's first time seeing snow, and she was a bit nervous and very curious. Check out our Facebook page for a short video of her encountering snow for the first time.

Who knew it was going to turn into the weather event that it ended up being? We hope everyone got through the bouts of no power and no heat. It was a hard week for everyone. We are looking forward to a return to our mild winter.



Is it Time for New Sneakers?

If you've enjoyed a bit of winter hibernating, but plan to gear back up for spring workouts now's a great time to check your sneakers for wear and tear.

How can you tell if the sneakers need replacing? Put them on top of a table. Check if the heel makes contact with the table evenly, along with the rest of your shoe. If it doesn't lay flat, you need a new pair.



Or, if everything sits flat, but your sneaker's sole looks old or worn out, you should also replace your sneakers. The same is true if the sole shows signs of uneven wear. (Like treads are more noticeable on the left or right side.) Remember, when in doubt, throw them out—or check-in with our office for help with sneaker guidance and preventing running injuries!

Celebrating National Caffeine Awareness Month

Most of us love starting the day with a cup of Joe. But this month, health experts want you to stop and examine your daily caffeine intake. How much is too much? If you enjoy moderate coffee consumption (up to three to five 8-oz cups per day or up to 400 mg of caffeine per day) you're doing fine.

But remember—if you feel jittery or off at that supposedly safe level, consider cutting back. If caffeine has a strong effect on your system, stick to a minimum and always listen to your body over general suggested guidelines.



Boosting Your Mental Health

We often talk about mental health when it's a problem. But, actually, mental health is a way of describing how you feel about yourself and other people, as well as how you are able to deal with your feelings and challenges you may face.



Now, more than ever, it's important to put effort into your mental health—just like exercising for your body, you need to make moves to support your psychological well-being. Not sure where to start? Try these three, simple steps, each and every day:

1. Tell yourself something positive about yourself—anything from, 'I rocked the morning rush,' to 'my hair is really shiny.' Focusing on positivity can influence your overall outlook.
2. Make a daily gratitude list. Finding something to be grateful for, and focusing on that thing will help create mental positivity as well.
3. Set (and stick to) a bedtime. Sleep deprivation takes a big toll on mental health. So prioritizing restful sleep can improve your mindset everyday.



From the desk of Dr. Andrew Schneider

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