

JANUARY 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

Why Do Your Feet Hurt?

So many patients call up our office asking: why do my feet hurt? There is a good reason: **our feet serve as our bodies' shock absorbers.** When you exercise, they can cushion thousands of pounds of pressure with every hour that passes. With all that strain going onto our feet, even a small misstep or biomechanical issue can add up to major discomfort when you walk.

Foot pain can be hard to live with. It can stop you from walking normally, and it may even limit your ability to live your life or work your job. We always say, it's NEVER normal, or even ok, for your feet to hurt.

Your feet shouldn't hurt when you first purchase new shoes; they shouldn't get sore after a long night out or a full day of walking. So, if they do, or if you regularly experience foot pain at any time during your day or night, it's time to check in with us and see how we can help. Some of the most common causes of foot pain we see in the office include:

- **Flat feet:** When your foot does not have a well-defined arch, you can experience a host of foot problems and chronic pain
- **Bunions:** A prominent bump on the side of your big toe joint
- **Hammertoes:** A painful buckling of your toes
- **Heel pain:** Caused by an inflammation of soft tissue or a heel spur
- **Ingrown toenails:** When the sides of your toenail digs into the surrounding skin
- **Morton's Neuroma:** An inflammation of a nerve in the ball of your foot
- **Stress Fractures:** A hairline fracture of the bone caused by excessive pressure

Here's the good news: we can treat all these conditions, so don't spend another minute in pain. Come on in, so we can diagnose and resolve the cause of your foot pain.

UPCOMING HEALTH HOLIDAYS

- Feb 7th - National Black HIV/AIDS Awareness Day & National Wear Red Day (Women's Heart Health)
- American Heart Month
- International Prenatal Infection Prevention Month





Get Back to That Routine

January can be a great time to start a new diet or exercise program. But it's also time to recover from the holidays and get back to the routines that keep your life running smoothly. Need help getting back into it? Check out these 3 easy hacks:

Declutter. If your house is still full of gifts you won't use, extra wrapping-paper, or even those lovely holiday cards, take a day or so to clean up your space. Having all the clutter gone will make it easier to go through the daily chores without having an overwhelming clean-up project hanging over your head.

Don't stop the fun! Just because vacation is over, doesn't mean you have to stop planning fun things to do. Schedule weekend family time, like day trips or movie nights, to make it easier to work your way through work-day obligations.

Start small. If one part of your routine, like proper bed times, is particularly challenging, work on that element all on its own. If you try to tackle every part of your routine at once, the task will seem impossible. Instead, work in small chunks with daily buffer zones, until you're flying through your schedule like it ain't no thing!



Fight Bone Loss With Exercise

Osteoporosis is something we all need to think about as we age: it's a condition characterized by weak and fragile bones that break easily. Most of us start off with strong and healthy bones: they get that strength from minerals. In fact, the amount of bone minerals within our bones is called our bone mineral density (BMD), and the higher your BMD, the stronger your bones. Unfortunately, BMD declines after your 20s; if your number is very low, you will likely develop osteoporosis. Thankfully, certain exercises can limit drops in your BMD—some can even make your numbers rise! The best types of exercise for decreasing osteoporosis risk are:

- Weight-bearing exercise (walking, jogging, skating or dancing); and
- Resistance training (lifting free weights, or body weight moves like push-ups and squats).

Of course, you should talk to your doctor before beginning a new exercise program. But the best way to protect your bones is to hold on to those valuable minerals. So the New Year is a great time to start a regular, bone-protecting exercise program!



How far can you go?

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





Join Us in Marking American Heart Month

Heart disease is the leading cause of death for both men and women in this country. We want to help by increasing awareness of this deadly disease, and by sharing ideas for healthy changes that can lower your risk of developing heart disease. In order to immediately lower your risk:

- **Watch your weight.**
- **Quit smoking and stay away from secondhand smoke.**
- **Control your cholesterol and blood pressure.**
- **If you drink alcohol, drink only in moderation.**
- **Get active and eat healthy.**



If you have concerns about your heart disease risk, talk to your healthcare provider. And if you need help getting on your feet and getting active, we are happy to talk to you about foot-friendly ways in which you can increase your activity levels!

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





The Schneider Family

Daniella had a great winter break. She spent a week visiting her grandparents and cousins in Florida. She spent lots of time learning and playing golf...a favorite pastime of the Florida side of the family.



Did you miss Thursday's video?

If you haven't already, give us a like on Facebook and keep an eye out for our weekly videos! You can also find them on our YouTube Channel!

facebook.com/HoustonPodiatrist/
youtube.com/user/houstonfootdoc



Give Your Loved Ones a Homemade V-Day Treat

With Valentine's Day right around the corner, we're all craving sweet treats. Of course, large boxes of chocolate don't easily fit into diabetic meal plans (or any other diet), so we're here to help you celebrate without sacrificing your health. Just try making this mouth-watering

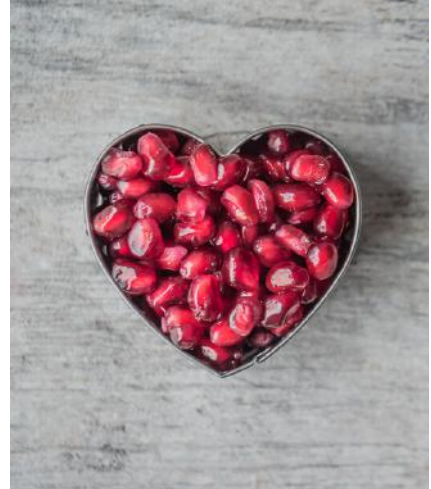
Valentine's Day Pomegranate Strawberry Mousse

Ingredients

- 10 ounces fresh or thawed frozen strawberries (about 2 cups)
- 1/8 teaspoon salt
- 1 envelope unflavored gelatin
- 1/2 cup pomegranate juice
- 1 7-ounce container 2% Greek yogurt
- 1/4 cup sugar

Directions

1. In a food processor, puree the strawberries with the salt.
2. In a small bowl, sprinkle the gelatin over 1/4 cup of pomegranate juice. Let stand until softened.
3. Meanwhile, in a small saucepan, combine the remaining 1/4 cup pomegranate juice and the sugar, simmering to dissolve the sugar. Stir softened gelatin into the pan and cook over very low heat, stirring until gelatin dissolves, about 1 minute.
4. Add gelatin mix to strawberry puree and process. Add yogurt and process briefly just to blend.
5. Spoon into dessert bowls or glasses, cover, and refrigerate for 2 hours or until chilled and set.



From the desk of Dr. Andrew Schneider

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