

## 6 Signs Your Child Needs to See A Podiatrist

Children, especially younger ones, may not always have the words needed to explain that they are experiencing a foot problem. As parents, we need to look for the non-verbal clues that will tell us our kids' feet are in pain. Here are a few solid signs to watch for:



- Your child avoids letting you see his or her feet. Especially for children who are afraid of the doctor, this could be a good clue that something is wrong—they may be concealing a visible condition like a fungal or ingrown toenail or an athlete's foot infection.
- Your child no longer wants to take part in his or her favorite active games—foot or heel pain may be the culprit.
- Your little one trips a lot, especially when running: this could be a sign of a foot imbalance, which can often be corrected with the help of custom orthotics.
- Running is hard work—your little one gets tired quickly and/or can't keep up with peers. Flat feet, another problem orthotics can help correct, may be the culprit here.
- You notice anything unusual about your child's gait—walking with toes pointing in, out...etc.
- Your child tells you that his or her feet, toes or ankles are hurting.

Some of these signs are obviously easier to notice than others, but that doesn't mean any one indication is more important than another. If you ever suspect that your child is experiencing foot pain, don't hesitate—schedule an appointment right away. Especially with my youngest patients, whose feet are in a crucial period of development, I always prefer that parents are on the side of caution and get their feet examined at the first hint of a problem.

## What You Need To Know About Burns This Summer

Long days at the beach and nights by the grill are hallmarks of summer fun, but they can also lead to summer's most notorious injury: the burn. Burns are common summer injuries and, while very uncomfortable, most can easily be treated at home.

There are three types of burns: first-, second- and third-degree. First-degree burns are the least harmful, affecting only the top layer of skin; signs of a first-degree burn include red skin, swelling and pain. Sunburns are typically first-degree burns.

Second-degree burns affect multiple skin layers; symptoms include blisters and very red skin, accompanied by much-greater pain. How you treat a second-degree burn is determined by the size of the injury: if it's three inches across or less, it can be treated at home like a first-degree injury.

Third-degree burns go beneath all skin layers to affect underlying tissue; skin will turn white or black; it will sometimes appear to be charred. These burns are medical emergencies and cannot be treated at home, while minor burns usually do well with appropriate self care.

### To treat a minor burn:

#### Do

- Cool it. Run the affected area under cold water to help relieve pain. You can also apply cooling lotions such as aloe vera.
- Apply a dressing. Wrapping your wound lightly will help keep it sterile and free from infection.

#### Don't

- Apply butter to the burn. It can cause infection.
- Use petroleum products. They keep the heat in and make the burn take longer to heal.



## Sunscreen 101

Have you spent some time in the sunscreen aisle of your local grocery store recently and left feeling crazy confused? Chances are, you have no idea what the different protection options really are. To help you make an educated choice, here's a quick explanation of the top 4 sunscreen-related terms (plus one cool product you have to check out!)



- **UVA**

Ultraviolet A rays cause skin to age by penetrating more deeply than UVB rays. They make you lose collagen and elastin, resulting in sagging skin and wrinkles. They can also lead to skin cancer.

- **UVB**

Ultraviolet B rays cause skin to burn by hitting its surface layer. With too much exposure, they can lead to skin cancer.

- **SPF**

SPF, or Sun Protection Factor, is "the measure of how much solar energy (UV radiation) is required to produce sunburn on protected skin (i.e., in the presence of sunscreen) relative to the amount of solar energy required to produce sunburn on unprotected skin. As the SPF value increases, sunburn protection increases," according to the U.S. Food and Drug Administration. Basically, SPF shields skin from UVB rays and measures how effective a sunscreen is from preventing sunburn.

- **Broad spectrum**

Broad spectrum sunscreens protect against both UVA and UVB rays.

Now that you know the basics, here's one sunscreen we're obsessing over this season: Blue Lizard Australian Sunscreen. Not only do we love the fact that all of their product lines offer broad spectrum protection and an SPF factor of 30 or higher, they come in cool Smart Bottles that change color when exposed to UV light. When the bottle changes color, you know it's time to reapply your sunscreen!

## Super Summer Smoothie

'Tis the season to ignore schedules (and the gym, on occasion) in favor of the warm summer sun. But that doesn't mean we can't at least start our days off right with easy, healthy, summer-worthy meals! Try out this Peach Smoothie recipe and let us know what you think! Even if the rest of your day is a cheat, you'll have at least one check on the feel-good side of the column!

### Peach Smoothie

#### Ingredients

2 cups soymilk (no-fat 500ml)  
2 medium bananas (400g, chopped coarsely)  
4 medium peaches (600g, chopped coarsely)  
1/2 teaspoon ground cinnamon

#### Directions

Blend or process ingredients, in batches, until smooth.  
Pour into cups to enjoy. Makes 4 servings



## 3 Easy Ways to Boost Self Esteem

We spend so much time telling our kids to be nice to others, but how often do we take the time to be kind to ourselves? Poor self-esteem can negatively impact so many areas of your life, so this summer, invest some time in learning to love yourself. Here are three suggestions to get you started on a path to improved self-esteem:

- 1. Pick a quality you like about yourself and express it at least once a day.** Any small task that reinforces positive beliefs about yourself will help improve thoughts about who you are as a person.
- 2. Pick an aspect of your body image to put in the spotlight.** Whatever it is that you like about your appearance, bring it out and show it off. Note how you feel when you do this. It would be hard not to feel good about yourself. And when you feel good, you do good—for yourself and for others.
- 3. Only positive self-talk will do for today ... and every day.** Make it a rule to use only positive words when thinking or speaking of yourself. Try starting each morning by looking in the mirror and reciting five positive things about yourself, or five positive things you will do today. The more often you do this, the better you will start to feel about yourself!

# Tanglewood Foot Specialists

*Advanced care with a compassionate touch*

**Tanglewood Foot Specialists**

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**Congratulations to our Christmas in July winners! Also thank you to all of our wonderful patients that left us reviews and liked us on social media! We appreciate you all so much!**

**Keep up with us on social media!**



## Special Edition Sudoku!

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

## June Answers:

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

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

Thank you for taking the time to read our July 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.



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