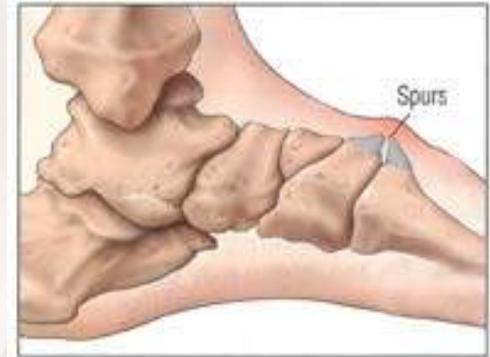


What is a Bone Spur?

Did you just notice a lump or bump on your foot that you know wasn't there yesterday? Are you finding that shoes are causing too much pain to wear? It is possible that you are suffering from a bone spur. While some spurs can cause a noticeable lump on your foot, others are not obvious, other than the pain they cause.



Bone is a living tissue and has the potential to change over time. Many of these changes are erosions due to arthritis, however some are extra, abnormal growth of bone called bone spurs. Bone spurs commonly occur around the small joints of the toes, which causes increased pressure between the toes and cause soft corns to form.

Another common area for bone spur growth is the top of the foot, especially over the great toe joint. This results from repetitive stress to the joint caused by years of walking. Pressure from the bone spur, also called a dorsal bunion, causes the surrounding soft tissue to inflame when it contacts the shoes.

Heel spurs are bone spurs on the bottom or back of the heel bone. They form due to pressure from the attached tendon or ligament as they pull on the heel. Although commonly present in other syndromes such as plantar fasciitis or Achilles tendonitis, they are usually not the primary cause of the pain. Only in cases of unrelenting pain do these spurs have to be removed.

Treatment for bone spurs includes padding, change in shoegear, injection therapy, and custom orthotics. In cases, where more conservative therapy does not alleviate the pain, surgical removal of the bone spurs would then be an option.

Think Pink and Save a Life

October is National Breast Cancer Awareness month, and here at Tanglewood Foot Specialists, we want to do our part to help protect women's health. Early detection is key when it comes to treating breast cancer, so it's very important that all women perform self-exams. Women must also know the symptoms of breast cancer, so they can know what to look for.

Common breast cancer symptoms include:

- **A lump in your breast.** While not all lumps will be cancerous, some are, so it's important to see your doctor if you find any kind of lump in your breast.
- **Swelling.** Swelling in your breast, armpit, collarbone or surrounding areas can all be signs of an especially aggressive form of breast cancer.
- **Thick or red skin on your breast.**
- **Warm or itchy breasts.**
- **A change in the appearance of your nipple.**
- **Discharge from your nipple.**
- **Pain that is severe** and not related to your menstrual cycle.

While there is not one universal breast cancer symptom, and the disease shows up in lots of different ways, knowing some common symptoms can help you catch cancer before it progresses and spreads throughout the body. Know the signs and see your doctor right away if you find any cause for concern.

Mark Your Calendars!

November 1 - National Brush Day

November 14 - World Diabetes Day

November 15 - Great American Smokeout

November 15 - Nation Rural Health Day

November 17 - World Prematurity Day

Getting Enough Exercise?

We all know that exercise is a must, but how much is enough? Do you need to hit the gym for hours each week? Is 30 minutes a day enough? What's a fitness seeker to do?

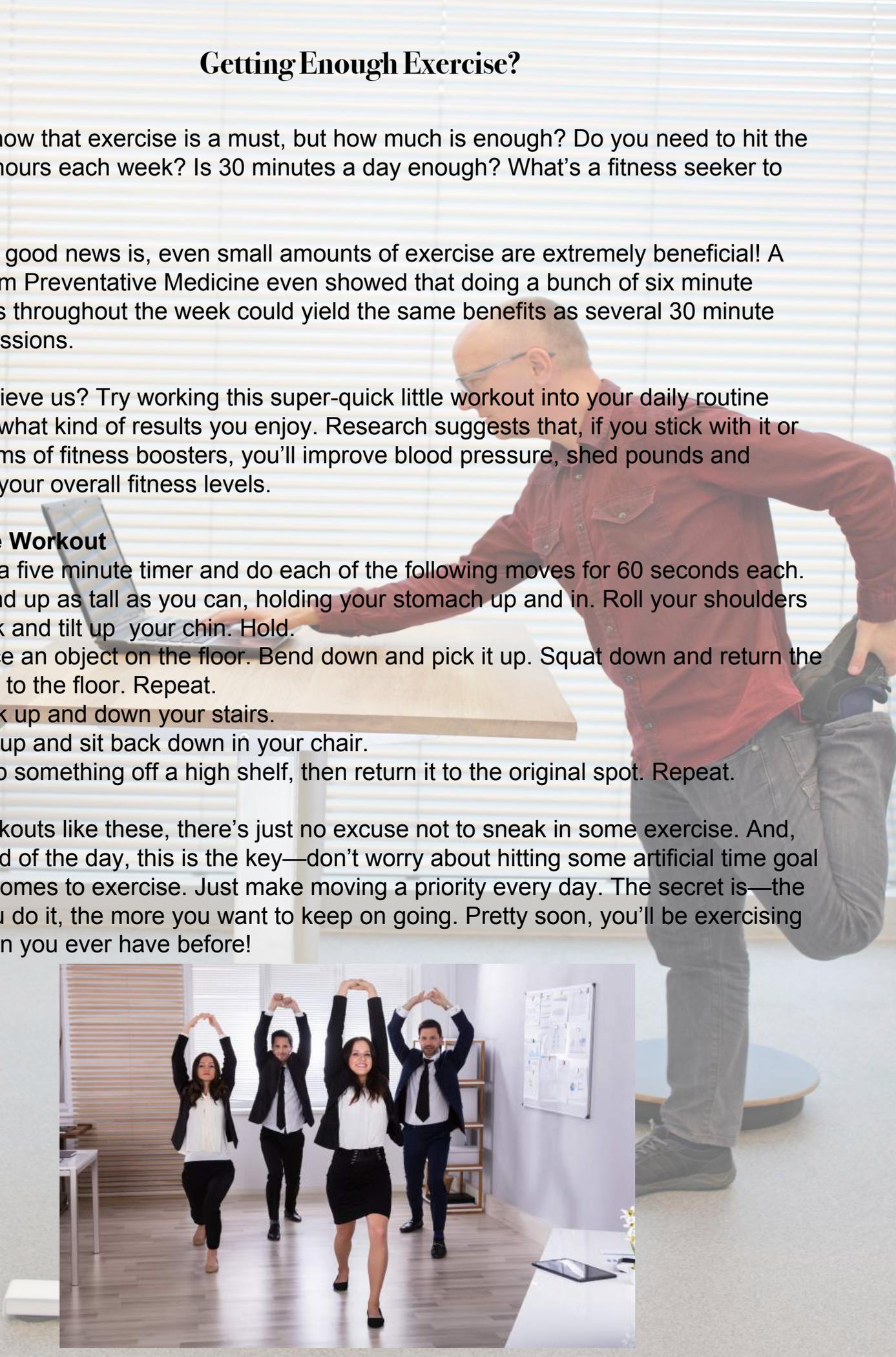
Well, the good news is, even small amounts of exercise are extremely beneficial! A study from Preventative Medicine even showed that doing a bunch of six minute exercises throughout the week could yield the same benefits as several 30 minute sweat sessions.

Don't believe us? Try working this super-quick little workout into your daily routine and see what kind of results you enjoy. Research suggests that, if you stick with it or other forms of fitness boosters, you'll improve blood pressure, shed pounds and improve your overall fitness levels.

5 Minute Workout

1. Set a five minute timer and do each of the following moves for 60 seconds each. Stand up as tall as you can, holding your stomach up and in. Roll your shoulders back and tilt up your chin. Hold.
2. Place an object on the floor. Bend down and pick it up. Squat down and return the item to the floor. Repeat.
3. Walk up and down your stairs.
4. Get up and sit back down in your chair.
5. Grab something off a high shelf, then return it to the original spot. Repeat.

With workouts like these, there's just no excuse not to sneak in some exercise. And, at the end of the day, this is the key—don't worry about hitting some artificial time goal when it comes to exercise. Just make moving a priority every day. The secret is—the more you do it, the more you want to keep on going. Pretty soon, you'll be exercising more than you ever have before!



Don't Phone it in On Mental Health

Let's face facts: too many of us are addicted to our phones. We are so consumed with screens that we, as a whole, are connecting less with other humans. Sometimes, this can lead to isolation and worsen depression. But, sometimes, our phones can help! Check out these five incredible (and free) apps that will help you work on your mental health:

1. **What's Up?** This app uses Cognitive Behavioral Therapy techniques to help users beat bad habits and cope with ongoing anxiety, stress and depression.
2. **Mind Shift.** Designed especially for teens and young adults, this app helps change the way you think about anxiety to help kids ride out tough situations.
3. **Bipolar Disorder Connect.** If you have struggled with your mental health, you know it can be isolating. This app seeks to connect those living with bipolar disorder and create a supportive international community for users.
4. **Happify.** Do you have a hard time boosting your mood? This app is loaded with psychologist-approved prompts, games and activities that are clinically designed to make you happier.
5. **Recovery Record.** For those who are struggling to overcome an eating disorder, this app helps you track the meals you eat—and the way food intake made you feel. It allows you to share your food fears in a safe space designed to help you overcome negative self-image.

Diabetes and Sugar-Substitutes: What You Need to Know

If you have Type 2 diabetes, you have probably been told to limit your sugar intake. One seemingly easy way to do this is to use artificial sweeteners in your diet, but not when it comes to fake sugar, not all options are good ones for diabetics.

Good Choices

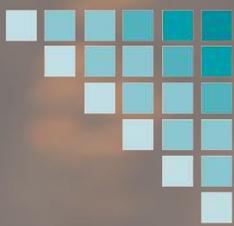
Splenda is the best option for diabetics, especially those with Type 2. It's 600 times sweeter than regular sugar, but it doesn't affect blood sugar and really isn't absorbed as it passes through your body.

Stevia is also generally viewed as a safe option for diabetics. Many people prefer this 'natural' sweetener (it's derived from a plant), but some users reported headaches and stomach problems with mass consumption.

Bad Choices

Saccharin (typically found in Sweet and Low or pink packets) is a double-edged sword for diabetics. Saccharin has been shown to trigger food cravings in your body, which can lead to weight gain and make it more difficult to manage your diabetes.

Aspartame (found in Equal or blue packets) is a low-calorie sweetener that has been linked to a lot of scary side effects like leukemia, lymphoma and breast cancer. While no evidence is conclusive, why take the risk when there are many better options available?



Tanglewood Foot Specialists

Advanced care with a compassionate touch

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Keep up with us on social media!



Sudoku!

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

September Answers:

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our October 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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