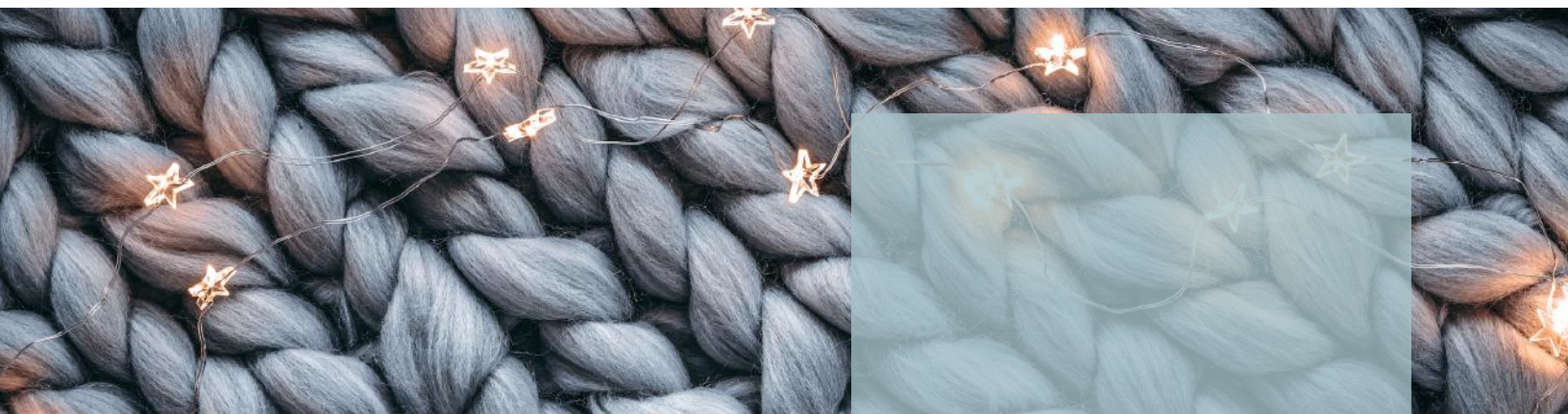


NOVEMBER 2019

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## It's a Brave New Diabetic World

Managing your diabetes can be challenging, but thankfully, there are exciting new treatments in development every single day!

Over in Australia, researchers developed a new way to train podiatrists in treating ulcers. They create 3D printed feet with built-in holes, constructed to imitate grooved diabetic foot wounds. Doctors fill in the holes with icing sugar, chicken stock and flexible resin to resemble oozing, pus filled ulcers and present the feet to podiatry students-in-training, so they can learn about ulcer-treatment protocols.

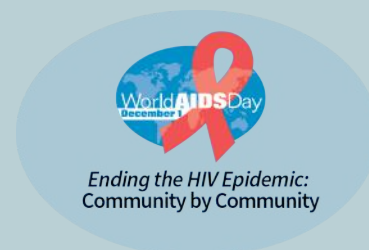
And, closer to home, a team at the University of Illinois at Chicago and Stony Brook University is exploring a simple, non-invasive treatment to help foot ulcers heal faster: it involves gentle vibrations! When tested in mice, animals who were exposed to vibrations, five times a week for 30 minutes each time, experienced faster wound healing than the mice in a test group. Why? It seems that the vibration helps form granulation tissue and chemokine molecules, both of which help speed healing.

Want to hear the best news? The treatment delivery method can easily be translated to humans: people could be asked to stand on a platform designed to deliver uniform oscillations. And because animal test results have been so promising, a clinical trial is in the works!

So there you have it—we've come a long way when it comes to treating diabetes, but that doesn't mean you can give up on the basics of disease management: daily foot checks, controlling your blood sugar levels, and maintaining regular appointments with your podiatrist and the other members of your diabetic care team.

## UPCOMING HEALTH HOLIDAYS

- December 1st is World AIDS Day. Visit [HIV.gov](http://HIV.gov)



- December 1st - 7th is National Hand Washing Awareness Week. Visit [henrythehand.com](http://henrythehand.com)





# What the Heck are Probiotics, anyway?

If you've been wondering about this recently here's the story: probiotics are live microorganisms that you can get into your system either through fermented foods or from supplements. Probiotics can help balance the healthy bacteria in your gut and can potentially help with weight loss, digestive health, your immunity and more. If you want to incorporate probiotics into your diet, you can find them in fermented products like yogurt, pickled vegetables, tempeh, miso, kefir, kimchi, sauerkraut and some soy products. But if getting probiotics from food isn't an option, you can also take probiotics supplements: they come in the form of tablets, capsules and even powders. The key to remember is that taking probiotics is a numbers game: in order to gain any health benefits, you need to be taking daily dosages of 1 billion to 100 billion live organisms or colony-forming units (CFU)



# What Every Houstonian Should Know About Shingles

Shingles is a painful skin rash caused by the same virus that causes chickenpox—that means that anyone who's had chickenpox is at risk of contracting shingles. If you are healthy and over the age of 50, you should talk to your doctor about getting the shingles vaccine, to protect you from this disease that can cause stomach pain, chills fever, itching, rashes and blisters. Most shingles infections last for three to five weeks; it's contagious when you have the rash or blisters. Shingles can lead to serious complications like loss of vision, so it's important to discuss prevention with your doctor if you believe you are at risk.



### How far can you go?

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





# The Winter Blues can happen, Even in Houston

Winter blues, or seasonal affective disorder (SAD), can strike anyone, at any age. But there are steps you can take to prevent this seasonal mood dip. Just try some of these helpful tips from the Seasonal Affective Disorder Association (SADA):

## 1. **Stay active**

A daily walk, especially in the middle of the day, can be a great way to battle winter blues.

## 2. **Get outside**

Lucky for us in Houston, the weather never gets too cold, so get out in natural daylight as much as you can, especially on sunny days.

## 3. **Eat healthily**

A healthy diet, rich with fresh fruit and veggies, can help boost your mood, give you more energy and stop you from putting on extra winter weight.



## 4. **Get a hobby**

For many people, an active mind is better able to fight off SAD symptoms, so challenge yourself to try and learn something new this winter!

## 5. **Stay connected**

Socializing with friends and family is a great way to beat winter blues, so be open to any invitations you receive!

## 6. **Seek Help**

If SAD feelings are getting the best of you, don't be afraid to talk to a therapist, join a support group or even seek medication. There's no shame in treating your mental health!

You can find a therapist in your area here:  
[www. psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)

National Suicide Prevention Lifeline – 800-273-TALK (8255)  
<https://suicidepreventionlifeline.org/>

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



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# Sleep Better This Winter

When we ended daylight saving time earlier this month, many of us may have gotten off our nightly sleeping game. Shorter days, dry air and cold weather can wreak havoc on our nightly zzzs, so be sure to take measures to help rest better:

## 1. **Exercise!**

Regular exercise helps improving winter sleep and winter mood. Bonus points for getting your sweat on outdoors, in daylight.

## 2. **Moisten nasal passages**

Dry air can make you congested, leading to more snoring and less restful sleep. Keep your nose moisturized, and consider putting a humidifier near your bed.

## 3. **Practice nightly temperature control**

Cooler temperatures can help you sleep better, so try lowering your thermostat to about 65 degrees before hitting your pillow. Just don't go colder than that, as you may end up shivering yourself awake!



## The Schneider kids have been having a busy fall.

Thanks to all of you who ask about how our oldest, Ariel, is doing in his year in Israel. He is enjoying his intensive religious study but is also enjoying time away from studies. Here you can see him on the left hiking in Eilat with friends. Daniella has been working hard in the cast of two plays. The first one, the musical mystery *Curtains*, had three performances at the Jewish Community Center. She was brilliant and loves the hard work it takes to put on these productions. Finally, Jonah had a great fall season with Westbury Little League. He is really understanding the game and is improving with each game he plays. From our family to yours, we wish you a Happy Thanksgiving.





# Got Holiday Stress? Just Breathe

The holidays can bring strong stress levels, but you've got an equally strong tool for battling that stress: your breath. In fact, simple breathing exercises can make a big difference if you turn them into a regular, de-stressing routine.

Why not try this deep breathing technique the next time you start getting overwhelmed. The deep breathing should help your reenergize and zap much of that anxiety you're feeling. Here's how to get started:

You can learn more here:  
<https://www.apa.org/helpcenter/holiday-stress>

Get comfortable, either lying on your back in bed, or on the floor with a pillow under your head and knees. If sitting is more your speed, grab a chair and support your shoulders, head, and neck against its back.

Breathe in through your nose.

Let your belly fill with air.

Breathe out through your nose.

While breathing, place a hand on your chest and belly.

As you breathe in, notice your belly rising; as you breathe out, focus on the lowering of your belly, making sure that your belly hand moves more than your chest hand.

Take at least three more full, deep breaths, and then keep going for as long as you like or need!



## From the desk of Dr. Andrew Schneider

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