



THE NEXT STEP
your first step to a pain-free life

**Tanglewood
Foot Specialists**
Advanced care with a compassionate touch

Dr. Andrew Schneider

It's that time again, New Year's resolution time!

Do you even remember last year's resolution? I know I don't.

It's possible you have one single thing you want to focus on next year or maybe it's a long list! New Year's is right around the corner and we have some helpful tips to ensure you are able to follow through with your goals or resolutions. Usually when we make our resolutions we know what we need to do to get there, we just never actually get there.

Start Small and make your goals as simple as possible.

Make your goals ATTAINABLE – Avoid setting yourself up for failure! Don't bite off more than you can chew, this will overwhelm you and deter you from following through!

Work on **one resolution at a time** or in my case, a habit, at a time.

Be realistic - Keep in mind it takes on average 3 weeks to get into a routine, for some people it may take up to 66 days!

Be accountable – Make a chart or a plan to help guide yourself every step of the way. Have your children or spouse encourage you and use them as motivation.

Start Today! – Why wait until New Year's when you can start today?

December 2016

Hello! We are pleased to send you this Holiday issue of *The Next Step*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. *Happy Holidays!*

If Dorothy can click her heels together and get to Kansas then why can't I click my flip flops together and get to the beach?



It's the Holiday Season....

Don't forget to set your scales back 10 lbs at midnight tonight!



ROTTENeCARDS USER CARD

Holiday Safety Tips

For most people the holiday season should be a wonderful, stress free family-filled time, but it is usually a season of stress. Help yourself avoid stress by using the following tips:

When running errands make sure you have enough time to complete each task and only commit to doing a few errands at a time. Holiday season hustle and bustle can turn into huge accidents if you are rushing around instead of paying attention.

Make sure you follow all directions on toys, decorations and food prep! There is a reason the directions are there!

Store left over food in containers that are less than 2 inches deep.

Get a designated Driver!

When stressed, take a deep breath!

Have a wonderful holiday season!

Adessa Gel Socks

Dry feet are a constant problem. Even here in Houston, where we have high humidity, our skin gets dry. Add to that open shoes and sandals that invite dust and dirt onto our feet and they're drying even more. This can lead to cracking, bleeding, and pain. For people with diabetes, it is dangerous as it increases the chance of a foot infection.

I have long been an advocate for moisturizing your feet regularly. There are a variety of creams, available in both pharmacies and here in our office, that do well to penetrate the skin. Sometimes, however that is not enough.

Adessa Moisturizing Gel Socks are a soft sock with a gel lining from heel to toe. The gel is infused with vitamins, nutrients, and essential oils to restore the soft appearance of your feet. The socks can be used after applying cream or just used on their own.

Since making Adessa Moisturizing Gel Socks available to our patients, we are hearing rave reviews. People who constantly have had cracking heels find that they are healing and staying healed. People who always forget to apply cream to their feet find it much easier to slip the socks on daily. We have patients buying the socks for other family members and to give as gifts.

Stop by our office to see for yourself. We will be happy to show you a sample so you can see and feel for yourself.



Diabetic Recipes: French Toast Casserole, courtesy of the American Diabetes Association.

Ingredients(Serves 6)

Cooking Spray

6 slices whole-wheat bread
(lowest sodium available),
halved lengthwise

1 1/2 cups fat-free milk

1 1/2 cups egg substitute

2 Tbsp light brown sugar

1 tsp ground cinnamon

1/4 tsp ground nutmeg

1 (15 oz) can light fruit cocktail, drained

2 Tbsp honey

1 Tbsp light tub margarine (make sure it is trans-fat-free)



Instructions

- Preheat oven to 350F. Lightly spray an 8-inch square baking dish with cooking spray.
- Place bread halves with the crustless sides touching the bottom of the pan and the crust sides resting on the slice beneath them. The slices should overlap slightly. Set aside.
- In a medium bowl, whisk together milk, egg substitute, brown sugar, cinnamon, and nutmeg. Pour over bread. Using a spoon, press down bread to soak up milk mixture. Spread fruit cocktail over bread, drizzle with the honey and dot with margarine, using a tsp.
- Bake for 55 minutes-1 hour, or until the center of the casserole is set (doesn't jiggle when gently shaken.) Let cool for at least 10 minutes before cutting.

If preparing ahead of time, cover with plastic wrap and refrigerate for up to 10 hours. To reheat: uncover, put cold casserole in cold oven, set temperature to 350 degrees F, and bake for 1 hour 5 minutes - 1 hour 10 minutes, or until the center is set. Let cool at least 10 minutes before cutting.

Available in Office: Thera-Band Foot Roller

The Thera-Band Foot Roller is an excellent device used to control foot pain, such as heel pain, plantar fasciitis, and heel spurs, and it also revitalizes your tired feet. Rolling the Foot Roller beneath your foot has a comfortable massaging effect that relaxes the joints and muscles. For people suffering from heel pain, the Foot Roller stretches the plantar fascia ligament, allowing it to relax.

The Foot Roller can be chilled or frozen, which enables you to ice your feet while enjoying the therapeutic benefits of the massaging and stretching action it provides. You can't get that benefit from rolling on a tennis ball, golf ball, or frozen water bottle.

The Thera-Band Foot Roller is made of a soft rubber with a hollow core. This prevents too much pressure from forming beneath the foot and protects you from overstretching.





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Daniella's Donation Keeps Kids WARM At TCH

As part of Daniella Schneider's Bat Mitzvah celebration in September, she hosted a "fun run." Participants in the run donated new baby blankets. Daniella recently visited Texas Children's Hospital to bring bags (and bags and bags) of snuggly baby blankets to be distributed to the patients.

Daniella enjoyed collecting and distributing the blankets so much that she is planning to start a new "kid-run" organization to continue to collect needed supplies to be donated to Texas Children's Hospital and other charities. Stay tuned for more information about her ongoing endeavors.

Needless to say, we are VERY proud of Daniella!!



From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our December 2016 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 the information. Be safe & Happy Holidays from our staff!

Even better... if you would like someone subscribed for future editions, just let us know! They can subscribe easily online at www.tanglewoodfootspecialists.com

