



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



Dr. Andrew Schneider

Feet That Look Scary Need a Podiatrist's Help!

Around Halloween time, we start to become more aware of things that go bump in the night...ghosts, zombies, goblins...but what about your feet? If you've been noticing odd bumps on your feet or toes and have delayed getting them checked out, it's probably time to schedule a visit with your Houston podiatrist.

There are a few different conditions that could cause you to develop raised areas of skin or bony bumps on your feet. Here are the *main offenders*.

Bunions - A bunion is an abnormal, bony bump that forms on the joint at the base of your big toe. Your big toe joint becomes enlarged, forcing the toe to crowd against your other toes. This puts pressure on your big toe joint, pushing it outward beyond the normal profile of your foot, and resulting in pain. Bunions can also occur on the joint of your little toe (tailor's bunion). Not only do these bumps look awful, they make it hard to wear shoes without pain. Not only that, but they get worse over time if left untreated, so the sooner you get you get checked out, the easier it will be to help you feel better.

Bone Spurs - Any time you have extra, abnormal growth of bone it is called a bone spur. Bone spurs commonly occur around the small joints of the toes, on the top of the foot, or on the bottom on the back of your heel, especially over the great toe joint. This results from repetitive stress to the joint caused by years of walking. Repetitive joint or bone stress is the culprit behind the formation of bone spurs and, just as with bunions, the sooner you get these bad boys checked out, the less likely it will be that surgery will be your only treatment option.

Corns and Calluses - Corns and calluses are formed by too much pressure, either tight shoes or toe deformities or other issues like gait abnormalities. Corns appear as a thickening of the skin on the toes. Hard corns are usually located on the outer surface of the little toe or on the upper surface of the other toes. A soft corn occurs between the toes and is kept soft by the moisture in this area. A callus appears as a more diffuse area of thickening and does not have a focal point, unlike a corn. Calluses most commonly occur on the bottom of the foot. There are plenty of options to non-surgically reduce these bumps, but you have to maintain regular contact with your podiatrist.

Welcome to The Next Step

Halloween edition - If there is one thing this Halloween season we do know, it is that you do not need to be afraid of the podiatrist or of your feet! We are committed to help you and your feet! Don't be ashamed, we are here to help and have seen just about everything!

Q. What did one ghost say to the other ghost?

A. "Do you believe in people?"

Q. Why do ghosts have so much trouble dating?

A. Women can see right through them.

Q. Why do mummies have trouble keeping friends?

A. They're so wrapped up in themselves...

Q. What type of dog do vampire's like the best?

A. Bloodhounds

Q. Why isn't there any famous skeletons?

A. They're a bunch of no bodies.

Q. What is in the red blood cells of monsters?

A. Hemoglobin !!!

Have a fun and *safe* Halloween!

<http://www.frightnights.com/jokes.htm>

Staying Healthy When Faced With Post Halloween Treats

When we think of Halloween, the word healthy doesn't usually come to mind. After the kid's loaded up their goody bags with less-than-healthy treats, you'll need to find ways to let your children enjoy their snacks, while still remaining healthy. Let children learn about making healthier choices. Teach them to read and understand nutrition labels on their candy treats. Which would they rather have — four small squares of Hershey bar (1.4 oz.) or 20- 25 jelly beans? The chocolate bar is loaded with 220 calories and 13 grams of fat; all those jelly beans have 146 calories and 0 grams of fat!

Try not to forbid a little indulgence on Halloween; kids like to know they have a choice. When it's their choice to "have" or "have not," the temptations are usually not as great. Focus on portion control rather than forbidding a little splurge!

- Use your Halloween candy for lunch treats; let your child choose a treat each day for one week after Halloween.

- Have the children fill up bags of candy and take them to their teachers for school time treats throughout the year.

- Take advantage of your freezer; fill up mini freezer bags with treats for special days. Think of your family when selecting the treats you will pass out. Treats do not have to be sugar laden and fat-filled to be fun.

National Breast Cancer Awareness Month - Walking Safely For a Cure

There are many walking fundraiser events these days that truly test a person's endurance. The Houston area hosts several of these events every year. One of the most popular examples is the two and three day breast cancer walks in which you can walk the distance of almost two marathons. The way most of these events work is you walk all day, sleep in a tent overnight, and then get up the next morning to keep walking. While causes like breast cancer really strike a chord with people. There are a couple of things that you must take into consideration to prevent getting hurt, when attending one of these challenging events.

1. Listen to your body, not your mind:

Many times when people are walking or running for a cause, they get very emotionally involved in their drive to finish the race. It is important to listen to your body. If it hurts, stop!! Just because you don't finish a race or event, does not mean you are letting someone down or that you don't care about the cause.

2. Just because you are a runner doesn't mean you are a walker:

There are many runners out there who attempt to do one of these long walks and find themselves sorer then after they run - this is natural. Walking uses different muscles than running, so it is like your body is starting a new exercise routine that it is not used to.

3. Don't be afraid to stop for aid:

At all of these events there are always medical and podiatry tents to care for race-day injuries. One of the most common injuries seen when walking long distances is blisters. If you stop at a podiatry tent, there are many trained medical volunteers who are there to help drain your blisters and bandage you up, so that the rest of your race will be more comfortable. It also prevents further trauma that can cause infection.

Walking for a cure is one of the most emotionally gratifying things you can do. Just make sure that if you attempt a walk with a distance longer than you're used to, that you know what to expect. Listening to your body and stopping for help if you need it, even if you are an experienced runner, should not be a blow to your athletic psyche.



Halloween Safety Tips

Halloween is a special night for children, but the excitement of the night can cause children to forget to be careful.

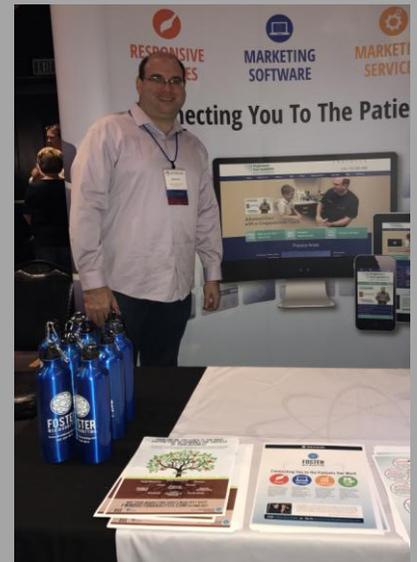
There is no real “trick” to making Halloween a real “Treat” for the entire family. The major dangers are not from witches or spirits but rather from falls and car crashes. Both children and adults need to think about safety on this annual day of make-believe.



- Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children’s companions.
- Instruct your children to travel only in familiar areas and along an established route.
- Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger’s home.
- Establish a return time.
- Tell your youngsters not to eat any treat until they return home.
- Review all appropriate trick-or-treat safety precautions, including pedestrian/traffic safety rules.
- Pin a slip of paper with the child’s name, address and phone number inside a pocket in case the youngster gets separated from the group.

Top Practice’s Summit - Dr. Schneider was invited to attend a gathering of likeminded podiatrists from all over the country in Las Vegas. This summit was to stay up to date with current ideas and procedures to be the best practice you could see for your podiatry needs.

Top Practices Summit Pictures





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Diabetic Corner: One of the most serious and SCARY diabetic complications are foot ulcers!

It's fairly simple to prevent these ulcers from forming. Here are 3 ways to keep this life threatening condition at bay:

- 1. Choose the right footwear** – If you have diabetes you must avoid tight shoes—pressure on the feet is a common cause of complications. Always wear comfortable shoes that have good cushioning and enough space for your toes—but beware of shoes that are too loose, as they may rub and cause blisters. Good socks are equally important, as poorly made socks can also rub against your feet and cause cuts or blisters. Diabetic socks are best—they have very few seams and come with cushioning to protect feet from irritation. These socks also have loose-fitting tops to help promote circulation in the legs and feet.
- 2. Keep feet clean** - Carefully wash your feet daily with mild soap and water and dry them with a towel. Before they dry completely, apply a moisturizer to help prevent dryness—this can lead to cracking which, in turn, can allow ulcer-causing bacteria to get in and under your skin.
- 3. Check your feet daily** - Some diabetics experience neuropathy, impairing sensation in the feet and legs. People with diabetic neuropathy may not notice injuries to their feet immediately. Unfortunately, neglecting even small wounds on the feet can lead to more serious infections. If you can't see every part of your foot, get help from a mirror or a friend or loved one. You should also schedule regular visits with your podiatrist to make sure your foot health stays on track.

There are no guarantees in life, but following the basic principles of diabetic foot care will go a long way towards preventing ulcers.

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our spooky October 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.



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