



The Top 5 Dangers of Summer Running (And How to Beat Them!)

If you're an avid runner, you may think that the summer heat means moving indoors and clocking miles on a treadmill until October, but this doesn't have to be the case!

Runners can still train outdoors during the hot Houston summer as long as they know the potential dangers and stay vigilant about their health. Below, are the top 5 dangers of running in hot weather and how to protect yourself:



Heat Cramps - Caused by an electrolyte imbalance, usually dehydration, heat cramps are usually experienced in the abdomen or other large-muscle groups. To prevent this problem, don't run hard in the heat until you are used to it, and stay well hydrated with sports drinks and water. If you are experiencing a cramp, restore your salt balance with foods or drinks that contain sodium, or even an electrolyte supplement.

Heat Fainting - Making sudden stops when running in hot weather can cause you to faint because of the interruption of blood flow from your legs to your brain. To keep this from happening, make sure you incorporate a gradual cool down into your summer runs, making sure to end a workout with at least five minutes of slow jogging and/or walking. If you do experience heat fainting, elevate your legs and pelvis after you come to, in order to restore blood flow to your brain.

Heat Exhaustion - Also caused by electrolyte imbalance, heat exhaustion causes your core body temperature to rise as high as 104°F, leaving you with a headache, nausea, fatigue and extreme sweating. Prevent this condition the same way you would cramping, and treat the problem with rest and cold packs applied to your head and neck as you restore your balance with sodium.

Hyponatremia - The headaches, muscle twitches and confusion associated with this condition are caused by over-hydration, which can dilute your blood-sodium levels. This condition can be fatal, so do your utmost to prevent it by limiting your liquid intake to a maximum of 32 oz/hour and by choosing sports drinks over water, especially on longer runs.

Heat Stroke - If your core body temperature rises above 104°F, you have passed from heat exhaustion to heat stroke. At this stage, you can expect to experience, nausea, vomiting, headaches, a rapid pulse and disorientation. Prevent the problem the same way you stave off heat exhaustion; if you suspect you have reached this point, call 911 right away as you'll need ice-water immersion and IV-fluid treatments.

July 2016

Hello! We are pleased to send you this monthly 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. Enjoy!

July Funnies



- *Teacher: More than 200 years ago, our forefathers defeated the British in the Revolutionary War.*

Student: Wow! They must have been pretty strong, four men defeating a whole army!

Summer Health Tips

1. Drink plenty of water!
2. Keep a careful watch on the daily air quality reports.
3. Take a rest or nap. Don't push yourself beyond your physical limits.
4. Wear sunscreen & stay cool. Wear light, loose-fitting clothing to help you stay cooler.
5. Wear sunglasses.
6. Maintain your energy level by limiting your intake of fat and sugar.
7. Find out which plants will be pollinating in your area, including your vacation spot.

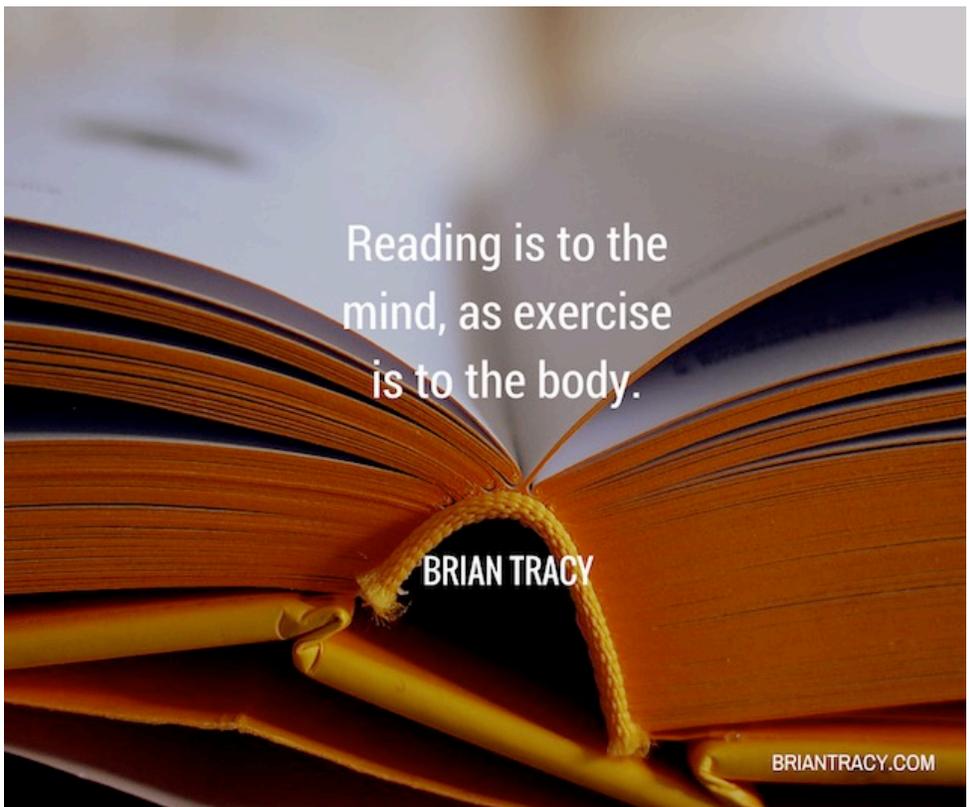
MYTH OR FACT – I have Sweaty Feet and that is just the way it is.

Myth! Perspiring feet are a very common situation in Houston, TX, with our hot and humid weather. Excessive sweating can cause a number of problems, such as dry, cracked skin, Athlete's foot, and toenail fungus. There are ways to *control* perspiration and the issues that comes with it.

There are prescription-strength antiperspirants that effectively dry the feet. Because of their strength, however, they can only be used in adults. The fungal problems can also be treated at the same time. Treatment for excessive perspiration must be maintained long term for the issues to not return. A more moderate option is to use an anti-perspiring lotion. In our Houston podiatry practice we use Bromilotion to safely control excessive sweating.

Common Summer Foot Problems:

1. **Footwear** - During the summer season many people forget all about support, even though they tend to increase their activity level. Disneyland, airports, beaches etc. With all this walking, your feet need to be supported, and flip flops are not going to cut it. Include supportive footwear into your event planning.
2. **Sunburn** - You may think it sounds funny, but if you've ever experienced it, you know it's no joke! Sunburn on your feet can be extremely painful. Walking on hot sand or concrete can also damage your feet. Always wear sunscreen and never go barefoot.
3. **Heel Pain** - With the lack of supportive shoe wear, your feet can start to develop mild to severe heel pain. In addition, walking on the beach for extended periods of time will only add to the problem.
4. **Fungus and Warts** - Walking barefoot in pool areas, public showers, and airport security checks can leave you susceptible to damaging fungus invading your skin. Make sure you always wear shoes or disposable slippers, especially where there is still water. Similar to fungus, warts thrive in moist, dark areas and invade your skin through small cuts in the skin. Be sure to wear shoes!



The Schneiders Take Manhattan

Dr. Schneider and his family took a week off and visited New York City. The trip started out with a visit to the Statue of Liberty and Ellis Island, which was a perfect kickoff. We were the consummate tourists. We visited all the sites and lots of museums.

At the Guggenheim, we saw an exhibit featuring the diverse and eclectic art of Laszlo Moholy-Nagy. Daniella (12) and Jonah (7) loved the art, especially the sculptures. We also spent a good amount of time learning about the building by Frank Lloyd Wright.

The kids also enjoyed the Metropolitan Museum of Art. Ariel (15) was enthralled by the Egyptian, Greek, and Roman art. He also loved seeing the ornate suits of armor and swords on display.

If you haven't had an opportunity to visit the 9/11 memorial and museum, be sure it is on your list of things to do. The memorial, waterfalls in the footprints of the fallen towers, is powerful with the names of the lost thousands etched along the perimeter. Knowing someone who perished, we were able to find the name and spend a few minutes of memory and reflection.

No trip to New York is complete without taking in a Broadway show. Since Hamilton is sold out through next year, we opted to see School of Rock, which was composed in part by Andrew Lloyd Webber. Since it was based on a favorite movie of the family's, we were expecting to enjoy it. The show surpassed our expectations and we highly recommend it!

A nice surprise was that one of our favorite bands was in town. My wife Mirit, Ariel, and I had a chance to see Dead & Company, which is the remainder of the Grateful Dead. The band played at Citi Field and it was certainly a treat!

We ended our vacation with a bird's eye view from the Empire State Building. We look forward to our next family vacation!



Pokemon Go

Yes, I'm a busy [Houston podiatrist](#), but that doesn't mean I don't have time to keep on top of the latest trends taking the internet by storm...take the new [Pokemon Go](#) game, for example.

You can learn all about this insanely popular game in the link above, but here's the idea in a nutshell: Pokemon Go is a free app on Android and iPhone; the game "uses your phone's GPS and clock to detect where and when you are in the game and make Pokemon "appear" around you (on your phone screen) so you can go and catch them. As you move around, different and more types of Pokémon will appear depending on where you are and what time it is. The idea is to encourage you to travel around the real world to catch Pokémon in the game."

Sounds like an even cooler way to get moving than [Wii Sports](#), am I right (or did I just totally date myself)?

There's just one small catch: turns out, gamers hunting down Pokemon are winding up in some scary situations—one group got lured and robbed by armed criminals, a 19-year-old woman was led to discover a dead body, a different user fell off his skateboard and started bleeding and Reddit user Amalthea confessed: "Not even 30 minutes after the release last night, I slipped and fell down a ditch. [Fractured the fifth metatarsal bone in my foot](#), 6-8 weeks for recovery. I told all the doctors I was walking my dog lol... Watch where you're going, folks!"

So there you have it folks: by all means, enjoy this latest revival of the 90s-born craze but do us all a favor: watch where. Even if you've "Gotta catch 'em all," your feet shouldn't have to pay the price!



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS **July 2016**



From the desk of

Dr. Andrew Schneider

Thank you for taking the time to read this month's 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.

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

*Dr.'s Remedy Nail Polish
(Vegan Friendly)*

Stock up for summer; keep those toes polished and healthy!

Buy any 2 nail polishes and get a FREE nail polish remover!

Now Available: Tenex,
State Of The Art Treatment
for Heel Pain

Two of the most common conditions that we see: **plantar fasciitis**, pain on the bottom of the heel, and **Achilles tendinitis**, pain in the back of the heel and ankle.

Tenex, a state of the art treatment, may replace open surgery. This minimally invasive procedure utilizes ultrasound imaging to locate the exact location of the inflamed tissue. A very small incision is made and the Tenex microtip uses ultrasonic energy to break down and remove the diseased tissue. All this is being done while no healthy tissue is damaged.

This procedure is done under local anesthesia and some light sedation. Once the area is numbed, you will feel slight pressure, but no pain. This procedure allows you to go home with one stitch and little downtime. In most cases, the pain relief is very quick so you will be able to get back to everything that you've missed while being in pain.