



Tanglewood Foot Specialists

July 2009 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

What are Blisters?

Very few athletes are unfamiliar with this term. For that matter, most of us at some time in our lives have formed that wondrous, yet ill-appreciated lesion called a blister. In general, blisters are raised and often fluid filled sacs of skin, which form in response to excessive heat and friction. In the earlier stage of formation, blisters will be reddened areas of irritation or hot spots. They will have definite burning sensations and will actually be warm to touch. In those cases of continued activity, a clear watery fluid will seep into the area and the outer covering of skin will separate leaving a true problem. New shoes, ill-fitted shoes, and just plain excessive walking can produce blisters in just about anyone.

However, although blisters may seem simple enough, they can spell trouble. First of all, they can cause debility to such a point that a person cannot walk without pain. Secondly, blisters have somehow notoriously invited improper treatment often resulting in infection and further problems. Bathroom surgery without a license and with non-sterile instruments is indeed an open invitation to complications

Treating Your Blisters

The outer layer of the blister should be left intact. It is a natural body defense shield against infection and greatly reduces the discomfort of the underlying raw tissue. In an office setting and with sterile instruments, the fluid is painlessly drained and an adequate lubricating type of medication applied to protect the blister. In about 24-48 hours the blister pain is gone and a layer of revitalized skin begins to form. It should be emphasized that blisters should not be ignored or treated carelessly.

Blisters on the feet can be prevented by wearing comfortable, well-fitting shoes and clean socks. Blisters are more likely to develop on skin that is moist, so moisture-absorbing socks or frequent sock changes will aid those with particularly sweaty feet. While exercising or playing sports, special sports socks can help keep feet drier and reduce the chance of blisters.

Before going for a long walk, it is important to ensure that shoes have been broken in. If a hot area on the foot is felt, taping padding over the affected area can prevent the formation of a blister.

The CheckPoint Scale Is In!

The American Diabetes Association recommends that you check the bottoms of your feet every day. This can help to reduce the incredible number of 82,000 amputations each YEAR! To think most of them could be prevented through proper foot care.

The Checkpoint scale is a unique scale that has a mirrored surface to easily allow you to inspect the bottoms of your feet. **Noticing a small problem early can prevent it from becoming worse and will save your feet!** We're proud to be the first in Houston to carry this innovative product.

Introductory Price: \$140

Health News

Summer Health Tips

from mamashealth.com

1. Drink plenty of water. It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.
2. If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.
3. Take a rest or nap. Don't push yourself beyond your physical limits.
4. Wear sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.
5. Stay cool. Wear light, loose-fitting clothing to help you stay cooler.
6. Wear sunglasses. Sunglasses protect your eyes from the sun's UV rays.
7. Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates, fruits and vegetables.
8. Before leaving for vacation pack a few items (calamine lotion, baking soda) that will help with itchy or painful insect bites.
9. If you have allergies and plan to be traveling/vacationing, find out which plants will be pollinating in your vacation spot
10. Know your body. If you are feeling ill, see a doctor. An average of 400 people die each year in the United States due to extreme heat

Orthotics...Just Like Walking On Air!

Orthotics are shoe inserts that correct an abnormal, or irregular, walking pattern. Generally called arch supports, orthotics allow people to stand, walk, and run more efficiently and comfortably. Podiatrists sometimes prescribe orthotic devices to correct an abnormal walk, or gait, and often for patients following surgery.

Rigid orthotics control motion in two major foot joints that lie directly below the ankle joint and may improve or eliminate strains, aches, and pains in the legs, thighs, and lower back. Soft orthotics usually absorb shock, increase balance, and take pressure off uncomfortable or sore spots and are usually effective for people with diabetes. Semi-rigid orthotics provide foot balance for walking or participating in sports. Children are sometimes given orthoses to treat flatfoot or in-toeing or out-toeing issues. Athletes often are given orthoses to mitigate pain while they train and compete.

Call our office at **713-785-7881** to schedule an appointment to see if orthotics can help you.

Product of the Month:

Biofreeze



Biofreeze is a unique, effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, exercise/training and overall comfort. Biofreeze can effectively help relieve pain from sore muscles & muscle Sprains, back, shoulder, & neck pain, arthritis, and painful foot, ankle, knee, hip & elbow joints

Important News About You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

<i>Tom D.</i>	<i>Misbah T.</i>
<i>Yessenia E.</i>	<i>Margie D.</i>
<i>Martin F.</i>	<i>Jim B.</i>
<i>Pat M.</i>	<i>Aharon G.</i>
<i>Hal M.</i>	<i>Doug S.</i>
<i>Kristin M.</i>	<i>Ady B.</i>
<i>Bobby W.</i>	<i>Todd W.</i>
<i>Becky C.</i>	<i>Ann M.</i>
<i>Hava W.</i>	<i>Paul S.</i>
<i>Kathleen W.</i>	

THANK YOU FOR THESE REFERRALS!

Community News

Foot Solutions is a specialty shoe store that I work with to have a source for my patients to purchase shoes that are able to accommodate their orthotics.

On Friday, August 14, from 12 noon until 4 pm, Dr. Andrew Schneider (yes, that's me!) will be at the Foot Solutions location on Woodway at Voss, just next to Whole Foods Market, for a "Doctor's Day." Dr. Schneider will be available to answer any and all questions about foot health, as well as help you find the right shoes for you.

For more information, contact Foot Solutions at 713-706-FOOT (3668)

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

<i>Terry E.</i>	<i>Brian M.</i>	<i>Edgar P.</i>	<i>Rachael N.</i>	<i>W. F. S.</i>
<i>Muhamed T.</i>	<i>Jesus L.</i>	<i>Mary W.</i>	<i>May A.</i>	<i>William F.</i>
<i>Grover E.</i>	<i>Tanya W.</i>	<i>Vincent D.</i>	<i>Mary H.</i>	<i>Julie M.</i>
<i>Alex G.</i>	<i>Cooper C.</i>	<i>Germaine M.</i>	<i>Amelia G.</i>	<i>Kara C.</i>
<i>Kari F.</i>	<i>Hava W.</i>	<i>Lynn P.</i>	<i>Melody S.</i>	<i>Norman Y.</i>
<i>Eladio P.</i>	<i>Kristin C.</i>	<i>Fishel W.</i>	<i>Tim A.</i>	<i>Laura H.</i>
<i>Ryan R.</i>	<i>Mary Sue F.</i>	<i>Elizabeth F.</i>	<i>Jennifer G.</i>	<i>Reneka G.</i>
<i>Avni K.</i>	<i>Vania O.</i>	<i>Donna S.</i>	<i>Santos G.</i>	<i>John C.</i>
	<i>Lawrence P.</i>	<i>Justin D.</i>	<i>Lisa J.</i>	

Thanks for allowing us the chance to serve you!

Our July Charity

For every new patient we see during the month of July, a donation will be made to:



Soles4Souls has a simple mission: To impact as many lives as possible with the gift of shoes.

Soles4Souls facilitates the donations of shoes, which are used to aid the hurting worldwide. Shoe companies, retailers, and individuals can donate footwear (both new and used).

You can learn more about this organization and donate by visiting <http://www.soles4souls.org>

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a July birthday. We have a large patient population with a birthday in July, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

We're on the Web!

* If you haven't yet visited our website, it's time to take a look. There's lots of great information, articles, and videos. www.tanglewoodfootspecialists.com

Have You Seen our Blogs?

*A blog is an online journal. I write a few having to do with all aspects of foot care.

tanglewoodfootspecialists.blogspot.com

*A blog for runners:

www.HoustonRunDoc.com

*A blog focusing on diabetes: diabeticfoottips.blogspot.com

**Tanglewood Foot Specialists
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EMAIL ME!

GO GREEN!

Save Paper...Save the Planet!
**Sign up to receive our
newsletter through
EMAIL**

It's quick, easy, and saves TREES!!
Send me an email with your name
to:
info@tanglewoodfootspecialists.com

Follow us on:

twitter

www.twitter.com/HoustonFootDoc

facebook

Search Facebook for: Tanglewood Foot
Specialists and become a fan!

Linked in

Search Linked In for: Andrew Schneider

(You can also just click the images if
you're online!)

Dr. Schneider has written a **FREE** book concerning the many questions
surrounding foot and ankle pain. Order your **FREE** copy and be in
control of your health...its **FREE!**



YOUR'S FREE!

Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
OR

Simply log onto our website

www.tanglewoodfootspecialists.com

You can also see Dr. Schneider on YouTube!!

Click on www.youtube.com/HoustonFootDoc

MAY I INTRODUCE YOU TO...

We would appreciate an introduction to your friends and family!

Give this coupon to a friend who might be experiencing foot or ankle pain and we'll send
you a gift to say "thanks!"

Tanglewood Foot Specialists
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(713) 785-7881

www.tanglewoodfootspecialists.com

Referred by:

Expires July 31, 2009