



Tanglewood Foot Specialists

May 2009 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

NOT TREATING AN ACUTE ANKLE SPRAIN CAN LEAD TO SERIOUS PROBLEMS

When one sprains their ankle, the ligaments stretch. In fact, there are micro-tears of the ligament fibers. If not treated immediately, scar tissue can form between these torn fibers. This will lead to a very tight and painful ankle and makes it more difficult to treat. If you sprain your ankle, remember: RICE: rest, ice, compression(ace wrap) and elevation. Take Advil or Ibuprofen (if you can) and if the swelling and/or pain persist for a day or two, please call us. We can get you better quickly and you do not have to wait in an emergency room for hours.

24 Hour Emergency Service

We offer 24-hour emergency care for all our patients. We provide care for all foot and ankle injuries, including sprains, fractures and dislocations. If you call our office with an injury, one of three doctors will get back to you ASAP no matter what time of the day. If need be, we will see you in the office immediately to diagnose and treat your foot or ankle injury. This will not only save you time waiting in the emergency room at a local hospital, but additionally you will receive immediate expert care of your foot / ankle ailment.

Ankle Sprains & Fractures

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue—like rubber bands—that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement. However, not all ankle injuries are sprains; they can be fractures of bone, fractures of cartilage or even torn tendons or ligaments.

In children, ankle injuries can be growth plate injuries. Ankle injuries often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, or walking or running on an uneven surface. The signs and symptoms of ankle sprains may include: pain or soreness, swelling, bruising, difficulty walking, and stiffness in the joint. All ankle injuries need professional attention, neglecting them can lead to more serious problems. These problems can be avoided by prompt diagnosis and treatment.

WOW! ↓



More than 25,000 people sprain their ankles every day, according to the American Orthopaedic Foot and Ankle Society.

Health News

To promote wellness during Health Month, Mental Health America - the country's leading nonprofit organization dedicated to helping all people live mentally healthier lives - developed the following tips for managing everyday stress:

- [1. Set Manageable Goals](#)
- [2. Live a Healthy Lifestyle](#)
- [3. Spend Time With Others](#)
- [4. Take a Time Out](#)
- [5. Ask for Help](#)

Many doctors agree that a great way to stay mentally healthy is to stay physically healthy! Exercising can help to clear your mind, increase self esteem, and of course boosts your overall health.

Tips for your exercise routine:

1. Always stretch
2. Never push yourself too far
3. Recruit a friend or family member
4. Always, Always wear the proper SHOES

May is Mental Health Month

According to the National Mental Health Information Center, mental health problems affect one in five young people. Mental health problems are painful—emotionally, spiritually and socially—especially for children and adolescents.

Good mental health is essential to overall health and personal well-being. It also contributes to the ability to lead a healthy, balanced, and productive life. Emotional problems can impair a person's thinking, feelings, and behavior and, over time, can become increasingly serious and disabling. Unfortunately, many people do not seek treatment for mental health issues for a number of reasons. They may not be completely aware of the extent of their problem, they may be hesitant to make contact with a mental health professional because they fear they will be stigmatized, or they may not know how to access services. Yet, overall quality of life is greatly improved when a person with a mental health concern or problem seeks help and receives appropriate treatment from a qualified professional.



Product of the Month:

Calicylic Crème

There's a new favorite crème at the office!

Ever since I brought Calicylic Crème into the office last November, something amazing happened...

Calluses started becoming less painful and Corns are more tolerable. So much so that I've been having trouble keeping the crème in stock! We have a good supply now, but I can't promise it'll last!

GIVE US A CALL AND LET US KNOW WHEN YOU'LL BE STOPPING BY TO PICK UP A JAR TO TRY!

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:

*Pat B. Bill T.
Mary Jane M. Charles M.
Andres K. Jenny H.
Kim K. Sandra J.
Debbie R.*

**THANK YOU FOR THESE
REFERRALS!**

Community News

Most Houstonians know that we're home to some of the best museums around.

Did you know that the **Children's Museum of Houston** is consistently ranked in the top 3 around the country? Now that the museum just reopened after a \$35 million expansion, it is nothing short of phenomenal. A perfect outing for your kids and grandkids!

\$7 for adults and children over age 1

For more information, visit their website:

www.cmhouston.org

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>Ellen C.</i>	<i>Ann R.</i>	<i>Kambiz C.</i>
<i>Madelyn C.</i>	<i>Cheryl L.</i>	<i>Elbert L.</i>
<i>Dorothy H.</i>	<i>Nicole T.</i>	<i>Jon G.</i>
<i>Herb G.</i>	<i>Justin H.</i>	<i>Jeff H.</i>
<i>Phillip B.</i>	<i>Alison G.</i>	<i>Linda E.</i>
<i>Betty T.</i>	<i>Phillip J.</i>	<i>James W.</i>
<i>Richard L.</i>	<i>Betty M.</i>	<i>Grant S.</i>
<i>H. Elliot R.</i>		<i>Chaille K.</i>

Thanks for allowing us the chance to serve you!

Our May Charity

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



**American
Diabetes
Association®**

Cure • Care • Commitment®

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.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 May birthday. We have a large patient population with a birthday in May, 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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*Happy Mother's Day to all the
special mothers out there.
Mothers will always hold a special
spot in a child's heart.*

GO GREEN!

Save Paper...Save the Planet!

**Sign up to receive our
newsletter through
EMAIL**

It's quick, easy, and saves TREES!!

Follow us on:

twitter

www.twitter.com/HoustonFootDoc

facebook

Search Facebook for: Tanglewood Foot
Specialists and join our group

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 our doctor's 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!"

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Referred by:

Expires May 31, 2009