



# Tanglewood Foot Specialists

## May 2010

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

### Why This Laser Is The Right Choice

In this very column in August 2009, I wrote why I had not yet brought laser therapy for fungal toenails into my office. I love technology! But it is usually best to wait for the 2<sup>nd</sup> generation, which is head and shoulders above the first. I waited for the 2<sup>nd</sup> generation iPhone and couldn't be happier I did (I couldn't hold out for the iPad, though!).

The K-laser is an FDA approved device, which was my main criterion. It is the most powerful laser of its class and has a proven track record for its efficacy.

Where the first generation of these lasers were only used for nail fungus, this laser is also used for different pain syndromes, such as heel pain, Achilles tendon pain, neuromas, ankle sprains, post-operative pain, and more.

Finally, this laser comes more cost effective than its predecessors. In fact, treatment for nail fungus is half the investment that others in town with the older technology are asking.

I'm thrilled to be able to offer my patients another effective treatment at our office!

### Zap Away the Pain...Zap Away the Fungus

We are proud to introduce a new technology in the office...the K-laser. The K-laser is a class IV laser that is proven to biostimulate tissue, enhance repair and growth, and decrease inflammation and pain. When it comes to pain management, K-Laser treatments are very safe and may provide dramatic results.

#### Positive Effects of K-Laser on the Body

- Improves and promotes healing
- Reduces pain and spasm
- Increases joint flexibility
- Reduces symptoms of osteoarthritis
- Improves peripheral microcirculation
- Detoxifies and eliminates trigger points
- Advanced pain relief

#### Benefits to Patient

- Pain relief
- Inflammation reduction
- Reduced muscle spasms
- Faster recovery time
- Elimination of toenail fungus

Give us a call to find out how treatment with the K-laser can help eliminate your pain or zap away your toenail fungus.

**Laser therapy for Fungal Toenails is a completely painless. You'll have one treatment per week for three weeks...each treatment is only 12 minutes!!**

### Foot Factoid

The average person, over their lifetime, will walk approximately the same distance as if they had walked around the earth 4 times

# Health News

## → Easy Diabetic Foot Tips

- \* Check both feet daily
- \* Wash with warm - never hot – water
- \* Make sure your shoes fit well
- \* Skip the barefoot look...protect your feet
- \* Speak up: Don't keep complications a secret
- \* Stay soft - but dry
- \* Try non-impact exercise
- \* Treat bunions, corns, and hammertoes
- \* Consider fitted orthotics
- \* Always control your blood sugar

**Did you know that 85% of diabetes related amputations are preceded by a non-healing ulcer?**

The American Diabetes Association “requires” an annual comprehensive diabetic foot examination to assess all lower extremity risk factors of diabetic patients....

**Schedule Your appointment today!! (713) 785-7881**

## How Proud Am I??

On Sunday, May 2, my 9 year old son Ariel completed his first triathlon. He had trained for months and it paid off. After a 200 meter swim, he hopped on his bike for a 5 kilometer ride. He then capped it off with a 2 kilometer run. Ariel is following in his mother's footsteps who started with triathlons last season.



## Product of the Month:

### **RECOMMENDED!** Steri-Shoe

How often do you dry clean your shoes? Did you know that your feet perspire up to 8 ounces of fluid per DAY? Add to that Houston's hot, humid environment and you have an ideal breeding ground for fungus!

A fungus infection of the skin (Athlete's foot) or of the nails can be uncomfortable, unsightly, and contagious. Whether it's treated with topical medication, oral medication, or laser therapy, there is always a concern that the infection comes back.

The most common way for a fungus infection to return is by reinfection from fungus living in the shoes!! The shoes provide a moist (from perspiration), dark, warm environment which provides an environment for fungus to thrive.

The **SteriShoe** ultraviolet shoe sanitizer is the first product that safely and effectively sanitizes the inside of shoes by using germicidal ultraviolet light. It is designed for people who have athlete's foot, toenail fungus, diabetes, chronic shoe odor, and people who are concerned about general hygiene.

You wear a clean shirt every day...how about your shoes? Ask for a demonstration in the office.

# 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.

## 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!

## Did You Know?

Dr. Schneider is a nationally-recognized speaker and authority on integrating the internet into professional practices. He has been interviewed on television, print, and online media about these topics. He also has authored several articles that have appeared in publications geared to podiatry, general medicine, and law.

Dr. Schneider was recently awarded the status of "Fellow" of the American Academy of Podiatric Practice Management and invited to join their board of directors. This organization is one of the largest organizations affiliated with the American Podiatric Medical Association.  
...And you just thought he knew about feet!

## Please Review Us on Google

I don't have to tell you how important the internet is. If you've been in recently, I probably told you about the articles I've written and conferences I've been invited to speak at on the topic of using the internet to communicate with patients. Many of you have connected with me on Facebook, Twitter, and Linked In (If you haven't, please do...the info is on Page 4 of this newsletter)

Did you know that you can write reviews on Google? Not only that...people read them and really care about them. I do all the time! I would appreciate if you took a few minutes to submit an honest review of our services and treatment.

To submit a review, visit [www.google.com/local](http://www.google.com/local) and search for "Tanglewood Foot Specialists". Click on the practice name on the left and it will show us on the map. Click "write a review" and the form will open. It takes 5 minutes, you don't have to leave any personal information, and I will really appreciate the effort!

## *Our May Charity*

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



May is Skin Cancer Awareness Month. Skin cancer is the most common form of cancer in the United States. More than 3.5 million cases in two million people are diagnosed annually.

Basal cell carcinoma and squamous cell carcinoma are the two major forms of non-melanoma skin cancer. Between 40 and 50 percent of Americans who live to age 65 will have either skin cancer at least once

[www.cancer.org](http://www.cancer.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](http://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.com/blog1](http://tanglewoodfootspecialists.com/blog1)

\*A blog for runners:

[www.HoustonRunDoc.com](http://www.HoustonRunDoc.com)

\*A blog focusing on diabetes:

[diabeticfoottips.blogspot.com](http://diabeticfoottips.blogspot.com)

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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](http://www.tanglewoodfootspecialists.com)

**You can also see Dr. Schneider on YouTube!!**  
Click on [www.youtube.com/HoustonFootDoc](http://www.youtube.com/HoustonFootDoc)

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Tanglewood Foot Specialists  
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**Expires June 30, 2010**