



What Does He Mean “Missing Toe”?

Shock factor? Maybe...but it DID get you to open the newsletter, didn't it? The truth is that I wish I only talk about missing toes when it comes to people with diabetes. Unfortunately it is a reality...often avoidable, but sometimes not.



November is Diabetes Awareness Month. I thought it appropriate to devote this newsletter to the many issues related to the diabetic foot. If you are not diabetic yourself, you surely know someone who is. Read on and share the information, and feel free to pass the newsletter along!

[Diabetes](#) will greatly affect your feet and there are many issues you need to be aware of when you are diabetic. First, you may experience [poor circulation in your legs and feet](#). This problem will cause areas of skin and tissue to be affected, leading to infection and other problems.

You could also suffer from [diabetic peripheral neuropathy](#) which may be painful at first, but will later cause you to lose feeling in your feet. This means you will not feel when something is wrong with your feet. For example, if your shoes do not fit well you may not feel a constant rubbing in a certain area which would cause a [diabetic foot ulcer](#). You may not even notice if you step on something around the house!

Diabetic foot ulcers may lead to the worse scenario for diabetics, a bone infection. Bone infections from ulcers are the most common cause of amputation. Too many people lose their feet or toes from not controlling their diabetes and not regularly visiting a podiatrist.

If you notice anything that doesn't look right with your feet, make sure you call us immediately! Even if your feet are in great condition, let's make sure they stay that way!

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LET'S CONNECT



Have You Read Dr. Schneider's Book?



Information About Foot Health
For Your Friends and Family

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How to Keep Your Feet Safe with Diabetes:

1. Always wear Proper Shoes- your shoes should be designed to protect and support your feet. People with diabetes need this even more than others. Your shoes should not have rough edges or seams, which could irritate your feet.
2. Do not wear stockings or socks with tight elastic backs and do not use garters. Do not wear any socks with holes. Always wear socks with your shoes.
3. Examine your feet daily for redness, warmth, blisters, ulcers, scratches, cuts and nail problems. Look at the bottoms and between toes every night. If you cannot see the bottom of your feet, use a mirror or have someone else look for you.
4. NEVER walk barefoot, neither indoors nor out.
5. Examine your shoes for foreign objects, protruding nails and rough spots inside before putting them on.
6. Do not trim your own toenails.
7. DO NOT SMOKE. It decreases the blood supply to your feet.



request an
Appointment ➤



OUR BLOG  

Dr. Andrew Schneider



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 mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all who have sent us a referral this month.

Tick-Tock....The End of the World is Days Away

Last month I changed my usual "end of the year" offer to the end of the world offer, seeing that the Mayans have predicted our demise to be around the corner. Time is running out! The world has been predicted to end on December 21, 2012...if I were you, I'd hate to have foot pain then...no telling when the next appointment would be available.



Let's recap...

Schedule your [elective foot surgery](#) for a date PRIOR to December 21, 2012 and receive a FREE bandage protector, to keep your bandage dry, and a \$15 iTunes gift card so you can make your own "end of the world" soundtrack.

Not ready for surgery yet? It's time to finally invest in a pair of [custom orthotics](#)! A custom orthotic is a specially designed insole to balance your foot and ankle to make them more stable. An orthotic removes the deforming forces that contribute to the formation of bunions and hammertoes. It also calms the overuse of the ligaments and tendons responsible for heel pain.

Come in for an evaluation for custom foot orthotics PRIOR to December 21, 2012 and receive 25% off all additional pairs of orthotics. Multiple pairs of orthotics are perfect for tennis shoes, running shoes, dress shoes, loafers, and cowboy boots...or just a convenience so you never forget to switch them out. This discount is good for your second, third, fourth, and even your tenth pair of orthotics. Of course, you'll also receive a \$15 iTunes gift card so you too can pick your perfect "doomsday playlist."

The clock is ticking and even we can't stop it! Make sure you march to the end of the world feeling no foot or ankle pain. [Call Tanglewood Foot Specialists](#) at 713-785-7881 AS SOON AS POSSIBLE to be one of the last in this world to experience life without foot or ankle pain. Just tell us that you want to be pain-free before the end of the world...and we'll take care of the rest.

Welcome New Patients

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!

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 November birthday. We have a large patient population with a birthday in November, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

Diabetic Shoes Save Feet...



Diabetes is a disease that requires proper shoes. Recognizing the potential problems associated with diabetes, and the expense that is incurred when a problem occurs, Medicare and many private insurance companies have recognized that prevention is the best treatment for the diabetic foot. This is why they cover diabetic shoes with specialized insoles.

Many of my patients don't feel like they need therapeutic shoes...that they are an extravagance. After all, their feet don't give them any problems yet. I like to liken diabetic shoes to insurance. Insurance ensures you are protected against unforeseen circumstances that you hope never will happen. Diabetic shoes protect your feet so you hopefully will never deal with diabetic foot complications.

We carry several product lines of diabetic shoes. If you haven't been evaluated for shoes this year, be sure to call TODAY! Your shoes must arrive and be dispensed before the end of the year for them to be covered under the 2012 benefit.

New CrocsRx Code for Patients/Friends of Tanglewood Foot Specialists 20% Off All CrocsRx Online Orders!



Great news for all of you Crocs lovers out there!!! We now offer our patients

the premium CrocsRx brand. This is made of better material, offers better support, and is a great choice to wear in the heat of our Houston summer.



We have partnered with CrocsRx to give our patients and friends of the practice to order from a special website which offers 20% off all products. To access this site and receive the 20% discount, please see the instructions below:

PRODUCT OF THE MONTH: Neuremedy

Neuremedy is a medical food that nourishes dysfunctional nerves allowing them to conduct impulses more normally. The specialized formulation in Neuremedy contains benfotiamine, a bioactive fat-soluble form of thiamine, Vitamin B1. Benfotiamine has been used since the early 1960's to successfully treat tens of thousands of patients suffering from peripheral neuropathy in Asia and Europe. It has been extensively studied in the scientific literature and has been shown to be safe and effective.



Adequate blood levels of the micro-nutrient thiamine (Vitamin B1) are essential for the proper functioning of the nervous system. Recent studies have shown that many people suffering from peripheral neuropathy have low plasma levels of this essential micro-nutrient. They are unable to maintain adequate plasma thiamine levels through normal dietary means. They need a more bioactive form of thiamine for their nerves to function properly. This population includes, but is not limited to, the elderly, people with diabetes, and patients on certain medications. For these people, Neuremedy alleviates the symptoms of peripheral neuropathy by delivering a highly bioactive form of the micro-nutrient thiamine to where it is needed, the nerve cells. Neuremedy works by nourishing the nerves.

The active ingredient in Neuremedy, benfotiamine, has been used since the early 1960's to successfully treat tens of thousands of people suffering from peripheral neuropathy in Asia and Europe. It has been scientifically proven to be safe and effective. It does not have any known significant adverse effects and can be safely taken with medicines and supplements.

You can find Neuremedy at our Houston Podiatry Office or purchase online at www.buyneuremedy.com.

1. Visit www.CrocsRx.com.
2. Click on the "Patients" tab on the top of the page, located in the gray shaded area
3. At the top of the next page, enter "40011561" in the field requesting a "Doctor's Code".
4. You will then receive 20% off any CrocsRx and/or Work products displayed on the page that follows
5. Have fun shopping!!!

If you have any questions or concerns, please email us at info@tanglewoodfootspecialists.com.

Relieving Diabetic Foot Pain

By Tu-Nhi Ho, Pharm.D.

If you are a diabetic, diagnosed with conditions such as [PAD](#) (peripheral arterial disease) or [DPN](#) (diabetic peripheral neuropathy), you are most likely suffering from some kind of foot pain. With poor circulation and [damaged nerves caused by diabetes](#), pain may present itself as tingling, burning, sharp or shooting pain, or even numbness. Thankfully, you do not have to live with this discomfort!



Compounding pharmacies can create transdermal gels or creams that allow medication to penetrate the tissues to directly target the affected area. Common drugs that are prescribed for neuropathy include: amitriptyline, lidocaine, gabapentin, ketamine, nifedipine, and clonidine. A compounder may combine these ingredients together to effectively relieve localized pain while minimizing the side effects that would be experienced if these medications were taken orally.

An example of a cream that can be made to increase blood circulation in the toes is nifedipine in strengths between 1% and 16%. Nifedipine has vasodilating properties that aid in blood flow and will help bring sensation back into the toes/feet. For neuropathic pain, tricyclic anti-depressants such as amitriptyline have proven to be very effective by working on the nervous system to suppress pain messages in the spinal cord. You will therefore see amitriptyline typically combined with other pain relievers (such as ketoprofen, baclofen, gabapentin, etc.) in compounding formulas made for neuropathic pain.

The compounding pharmacist can work with your podiatrist to create a formula especially made to alleviate your unique foot issues. You do not have to suffer through it alone! Call an [Admix Compounding Pharmacist](#) now for a free consultation on your current medications, 832-532-3113, and let us help you get back on your feet and regain control over your quality of life!