



# Tanglewood Foot Specialists

October 2009 Newsletter

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“Advanced Care with a Compassionate Touch”

## Tips for Athletic Foot Care

1. Wash your feet well every day and dry them thoroughly
2. Wear only good quality, well-fitting socks
3. Always wear the correct shoe for each sport and surface
4. Get in shape. Being overweight or out of shape places added stress on the feet. Condition yourself gradually with stretching exercises for 15-20 minutes before starting and after any activity (“warm up” and “warm down”)
5. Wear correct shoes. Footwear should be given the same consideration as any other piece of sporting equipment

Got a problem you need help with? Need some more help? No problem, our website has it all!!! Blogs, articles, free books... & MORE!

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

## Shin Splints

### What causes Shin Splints?

Shin splints can occur when one participates in exercise that places a repetitive stress on the lower extremities. Running, impact aerobics, and the various racquet sports can all lead to the development of shin splints. Stress is placed on the tendons in the leg and causes an abnormal torque or tension. This abnormal force is due to the stress placed on the tendon to prevent it from tearing. The muscle starts to pull away from the bone and also causes the lining on the bone to be pulled away. This causes an inflammation of the bone, which causes pain.

### Leading causes of shin splints:

- Running on hard surfaces, like concrete.
- Running on uneven ground.
- Beginning an exercise program after a long lay-off period.
- Increasing exercise intensity or duration too quickly.
- Running in worn out or ill fitting shoes.
- Excessive uphill or downhill running.
- Poor running mechanics.
- Tight, stiff muscles in the lower leg.
- Running with excessive forward lean.
- Running with excessive backwards lean.
- Landing on the balls of your foot.
- Running with your toes pointed outwards.

### Treatment

The treatment of shin splints begins with Rest, Ice, Compression, and Elevation (RICE). All of these should help to decrease the involved inflammation and pain. Further treatment includes non steroidal anti inflammatory medication, such as Ibuprofen and other prescription medications. A modification in one's training routine or the type of shoes worn will also usually help. A device inserted into the shoe called an orthotic, may eventually be needed to control the patient's mechanics and improve his or her weight bearing activities.

# Health News

## Halloween Safety Tips

Halloween is a special night for children but the excitement of the night can cause children to forget to be careful. There is no real "trick" to making Halloween a real "Treat" for the entire family.

The major dangers are not from witches or spirits but rather from falls and car crashes. Both children and adults need to think about safety on this annual day of make-believe.

- Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- Instruct your children to travel only in familiar areas and along an established route.
- Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.
- Establish a return time.
- Tell your youngsters not to eat any treat until they return home.
- Review all appropriate trick-or-treat safety precautions, including pedestrian/traffic safety rules.
- Pin a slip of paper with the child's name, address and phone number inside a pocket in case the youngster gets separated from the group.

**Have a SAFE & FUN Halloween!!!**

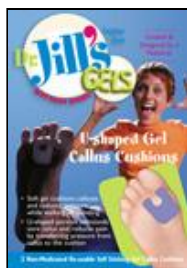


## Staying Healthy When Faced With Post-Halloween Treats

When we think of Halloween, the word healthy doesn't usually come to mind. And now that your children have probably loaded up their goody bags with less-than-healthy treats, you'll need to find ways to let your children enjoy their snacks, while still remaining healthy. Let children learn about making healthier choices. Teach them to read and understand nutrition labels on their candy treats. Which would they rather have — four small squares of Hershey bar (1.4 oz.) or 20-25 jelly beans? The chocolate bar is loaded with 220 calories and 13 grams of fat; all those jelly beans have 146 calories and 0 grams of fat!

Try not to forbid a little indulgence on Halloween; kids like to know they have a choice. When it's their choice to "have" or "have not," the temptations are usually not as great. Focus on portion control rather than forbidding a little splurge!

- Use your Halloween candy for lunch treats; let your child choose a treat each day for one week after Halloween.
- Have the children fill up bags of candy and take them to their teachers for school time treats throughout the year.
- Take advantage of your freezer; fill up mini freezer bags with treats for special days. Think of your family when selecting the treats you will pass out. Treats do not have to be sugar laden and fat-filled to be fun.



## Product of the Month

**Gel U-Shaped Pads  
Relieve Your Painful**

**Dr. Jill's Gel "U"-Shaped Callus Pads  
(Self-Stick & Re-Usable)  
Features of These Soft Gel Cushions**

- Soft gel cushions the calluses and reduces ball of foot discomfort.
- U-shaped portion surrounds painful callus and reduces pain by transferring pressure from the callus to the cushion.
- Self-stick cushions make for easy application.
- Each cushion can be used over-and-over again.

### Possible Uses:

Painful Calluses - Dropped Metatarsal - Heel Pain - Neuromas - Metatarsalgia

# 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:

Jan S.            Marcia R.  
Alice F.        Andre A.  
Julie M.        Emily K.  
Sharon L.      Virginia W.  
Carla O.

**THANK YOU FOR THESE REFERRALS!**

## Community News

The Wreaths Across America story began over 15 years ago when Worcester Wreath Company began a tradition of placing wreaths on the headstones of our Nation's fallen heroes at Arlington National Cemetery. The goal of the Houston branch is to place a wreath on each of over 53,000 grave sites at Houston National Cemetery. Wreath donations are accepted from individuals and all sizes of businesses.

Each \$15.00 donation received will purchase one beautiful live Maine wreath to be placed on the grave site of a soldier at Houston National Cemetery December 12, 2009.

Visit [www.waahouston.com](http://www.waahouston.com) for more information or to donate.

## 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:**

Monica H.	Gwen B.	Rick A.	Shirley S.	Betty L.
Gabriel C.	Michael R.	Elizabeth G.	Madgeline S.	Ray R.
Gwen L.	James P.	Maresh R.	Mason K.	Erika K.
Annie B.	Ashley S.	Deborah G.	Andrew S.	Eulanda M.
Virginia E.	Kathy M.	Marilyn H.	Bea J.	Chuck D.
Robert S.	Larry K.	Sara A.	Charlotte M.	Lisa H.
Gordanna V.	Greg M.	Hailey C.		

**Thanks for allowing us the chance to serve you!**

## Our October Charity

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



October is National Breast Cancer Awareness Month. Susan G. Komen for the Cure is the global leader of the breast cancer movement. They have invested more than \$1 billion since inception in 1982. As the world's largest grassroots network of breast cancer survivors and activists, they work to save lives, empower people, ensure quality care for all and energize science to find the cures. They have become the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

[www.komen.org](http://www.komen.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 an October birthday. We have a large patient population with a birthday in October, 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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**EMAIL ME!**

### **GO GREEN!**

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Specialists and become a fan!

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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!**



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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)

### **CASH FOR CLUNKERS IS EXTENDED!!**

Trade in Your Old Orthotics and Insoles for a Brand New Custom  
Pair!!

Our "Cash for Clunkers" program was such a hit, we decided to extend it through November. Trade in your old, beat up orthotics or insoles...whether we made them for you or not...and receive up to **\$50 off** a new pair of custom orthotics. If we recently made orthotics for you, we'll have another pair made for you at a **\$25 discount**. This additional pair can be convenient to keep in your athletic shoes, or can be made to fit dress shoes, high heels, western boots, bike shoes, or any other shoe with a closed-in heel.

Remember: tell your friends and family...you do not need to be a current patient to participate in this program! **Just say "I have a clunker to trade in"** when you make the appointment and we'll handle the rest! Be sure to schedule **BEFORE** December 1