



Tanglewood Foot Specialists

September 2009 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

How Often Do I Need New Orthotics?

There are many factors that determine the useful lifetime of an orthotic. The first is the material the orthotic is made from. In my practice, the orthoses we fabricate are made a firm plastic material. Because this material is durable and wears very little, the orthotic generally lasts about four to five years. Softer materials, such as cork, leather, and foams, will deform with time and has a much shorter lifespan of one to three years, depending on how it is constructed.

Another factor is your activity level. A marathon runner is harder on their feet than a "weekend warrior." The foot is dynamic and must change with every step and manage forces. So the foot changes with time and those who are more active notice quicker and more dramatic change. This will require a change in orthotics sooner, simply because of a change in mechanics.

Finally, there are other issues that will cause an orthotic to be replaced. A major joint replacement, such as a knee or hip, will alter the mechanics of the lower extremity significantly enough to warrant a new orthotic. Generally, I wait six months for the joint to "settle in" until I move forward with evaluating for a new orthotic. Many women see changes in their feet and mechanics during and after their first pregnancy. This will occasionally require a reevaluation for new orthotics.

And let's not forget about our household pets. If your puppy chews up your orthotic - we'll need to replace it then too!

The U.S. Government has ended their program...
Now we have ours:



Tanglewood Foot Specialists' Cash for Clunkers Program

Here's how it works:

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. This can be a 5 year old pair of orthotics or a beat up Dr. Scholl's gel insole from Walgreens...you bring it in and we'll replace it with a brand new custom orthotic! Remember, this comes off the amount you may owe after we submit it to insurance.

We'll reevaluate you with a comprehensive lower extremity biomechanical exam, evaluate your gait, and take the plaster molds to have an orthotic made just for you.

If we recently made orthotics for you, we'll have a second pair made for you at a **\$25 discount**. This second 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.

Don't wait!! This program will end on October 31, 2009 (unless Congress votes to extend the funding for this program).

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!

Health News

MYTH'S & FACTS ASSOCIATED WITH ALLERGIES

Allergy Myth: Cold Medications

Help Cold medications are for a cold. If you have an allergy, you need to take an allergy medication such as an antihistamine or nasal spray. You can't take regular eye drops and expect them to help with the itchy eyes caused by your allergies.

Allergy Myth: Air Purifiers Help

They are great to clean the air, even removing airborne fur if you are allergic to your pet. But they're just not great at removing pollen from the home.

Allergy Myth: No Allergies in the Desert:

This used to be true, but for years people have been moving to the desert climates, along with their plants. As a result, the growing season of these plants is year round. So, places like Arizona and New Mexico now have as much pollen as the rest of the country. If you're thinking about going to the desert to get some relief from your allergies, you'll just be wasting your money.

Allergy Fact: Shower, Shampoo

Before Bed By showering at night you clean off the pollen that's collected on your body during the day and you won't get pollen all over your pillowcase.

Allergy Fact: Wear Sunglasses

Sunglasses block the entry of pollen into your eyes. This is especially important on windy days.

Allergy Fact: Exercise Early

Evening Allergy counts are highest in the morning. If you're exercising outdoors, it's best to do it in the early evening.

September is Healthy Aging Month

Just because you are getting older does not mean your healthy lifestyle has to end.

Regular exercise is even more important for seniors than other age groups since the risk of disease and lost mobility is greater and the positive effects are realized more quickly.

- Look for daily opportunities to exercise in work and play. Force yourself to walk by parking your car several parking aisles away from the store or your office entrance and walk briskly!
- Choose an exercise you like and stick with it.
- Use the buddy system. Arrange to have a friend meet you - It's harder to say no to exercise when you exercise with a friend.
- **Walk, swim, climb, bicycle, dance, fish!**
- Join a walking group or visit your local Y, recreation center, park, church, or senior center.

Product of the Month:

KeryFlex

Roaming the beach or wearing open-toe shoes with a discolored, brittle, or chipped nail can be very embarrassing. **Keryflex** is a new service that will cover your damaged nail and make your feet beautiful **NOW!** Don't be embarrassed; fix the problem with a quick and painless procedure in the office.

Mention this newsletter to get 10% off the Keryflex nail restoration treatment. To learn more, visit www.fixmytoenails.com

Before



After



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>Ralph O.</i>	<i>Cynthia D.</i>
<i>W.J. H.</i>	<i>Mohamed T.</i>
<i>Denise K.</i>	<i>Drusilla W.</i>
<i>Margaret W.</i>	<i>Robert C.</i>
<i>Lisa F.</i>	<i>Nancy M.</i>
<i>Patricia M.</i>	<i>Frances C.</i>
<i>Matt C.</i>	<i>Steve H.</i>
<i>Jane B.</i>	<i>Jennifer C.</i>
<i>Dorothy A.</i>	<i>Nancy R.</i>

THANK YOU FOR THESE REFERRALS!

Community News

The downtown skyline serves as a dramatic backdrop for art, music, dance, and interactive activities at the Bayou City Art Festival Downtown on October 10-11.

The annual, juried, fine art event boasts a stress-free outdoor gallery brimming with 300 artists working in 19 artistic media. Adding to the festive outdoor gallery are wine cafés, the interactive Capital One Creative Zone for children, restaurants, and a performing arts stage with on-going multicultural musical and dance entertainment presented by The Houston Arts Alliance.

The festival is showcased in front of City Hall and around Hermann Square on the streets of Walker, Bagby, and McKinney, as well as Sam Houston Park. Visit www.bayoucityartfestival.com for more information.

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>Camille G.</i>	<i>Miriam J.</i>	<i>Donald L.</i>	<i>Gwen B.</i>	<i>Emily K.</i>
<i>Benjamin M.</i>	<i>Dorothy B.</i>	<i>Clint B.</i>	<i>Claudia W.</i>	<i>Jayne K.</i>
<i>Ward W.</i>	<i>Nahama D.</i>	<i>Steen G.</i>	<i>Priscilla S.</i>	<i>Beth B.</i>
<i>Marilyn H.</i>	<i>Keith W.</i>	<i>Ann H.</i>	<i>Rebecca R.</i>	<i>Kathleen C.</i>
<i>Angie Z.</i>	<i>Leonard W.</i>	<i>Ergard C.</i>	<i>Robert M.</i>	<i>Matilda M.</i>
<i>Kari Z.</i>	<i>Crystal S.</i>	<i>Dave R.</i>	<i>Judy M.</i>	<i>Raylene A.</i>
<i>Leon F.</i>	<i>Jason L.</i>	<i>Sheri C.</i>	<i>Roxanna P.</i>	<i>Frances B.</i>
<i>Craig L.</i>	<i>Delvia S.</i>	<i>Alexander C.</i>	<i>Ayati G.</i>	<i>Charles B.</i>

Thanks for allowing us the chance to serve you!

Our September Charity

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



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 September birthday. We have a large patient population with a birthday in September, 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.com/blog1

*A blog for runners:

www.HoustonRunDoc.com

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

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EMAIL ME!

GO GREEN!

Save Paper...Save the Planet!
**Sign up to receive our
newsletter through
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It's quick, easy, and saves TREES!!
Send me an email with your name
to:
news@tanglewoodfootspecialists.com

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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

10% OFF KERYFLEX NAIL RESTORATION

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If you don't need this innovative treatment for restoring the healthy appearance to your toenails, please pass it along to a friend or family member who does.

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Expires October 31, 2009