

APRIL 2022

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Introducing Platelet Rich Plasma Therapy (PRP) for Foot and Ankle Pain*

We now offer PRP treatments to help heal your foot injuries and reduce your pain. How does it work? We inject platelets from your own blood into your injured tissue. This increases blood flow, helping clots form around your injury, speeding healing and providing pain relief.



But why do we use platelets? Well, these are among the first cells in your body that naturally respond to an injury, converging to repair damaged cells. They're also rich in growth factors, which draws in other cells that can help repair damage. So, while PRP injections can't fix every ailment, we're seeing great results for heel and Achilles tendon pain, sprains, arthritis pain, tendon injuries and post-operative recoveries.

There are several different forms of PRP treatments, but in our office, we use Apex XCell PRP system. It has a high concentration of platelets and cells, proven to provide more lasting results. And we invite you to come in and see if PRP is right for you!

## *The Dangers of Nail Polish*

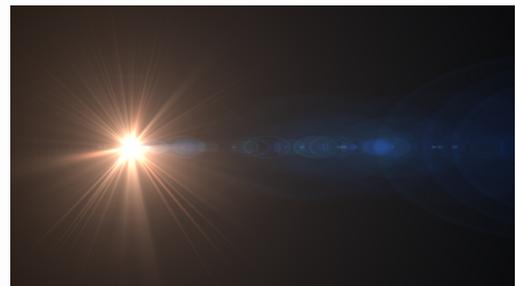
Most nail polish contains formaldehyde and other chemicals.

These dry and damage your toenails. Plus, most nail polish removers contain acetone, again damaging to the toenails. When you use both products regularly, you can see the results of all these chemicals with the white appearance of the nails' surface after you remove the polish. But the problem isn't just cosmetic: the chemicals also weaken your nail, making it more susceptible to infection. Want a pretty pedicure without the damage? Ask us about our in-office selection of Dr's Remedy polish—all of the pretty, without the damage, thanks to non-chemical ingredients, including a selection of natural anti-fungals and strengthening vitamins!



## *What To Do if the Power Goes Out*

If the power goes out at home, check to make sure you haven't blown a fuse or tripped a circuit breaker. If not, call your power provider to report the outage. Next, unplug all appliances you were using that may turn back on when the power is restored. Remember to keep your refrigerator closed as much as possible. If the power is expected to be out two hours or less, don't be concerned about losing your perishable foods. If the power is expected to be out more than two hours, move perishable foods into the freezer section. Stay indoors if the outage was tripped by a storm or high winds. If you need to go outside, stay away from downed power lines.



Want more updates? Check out our blog, website, or social medias, we'll keep you on track!



## *The Schneiders are Enjoying Spring in Houston*

Spring doesn't last long in Houston. It's a time to enjoy being outside while bracing for the coming heat and humidity. But for now, we'll enjoy the nice weather and (relatively) low humidity.



Our youngest, Jonah, was playing basketball with friends and fell and hit his elbow. At first, it seemed like nothing, but the doctor was concerned that there was an injury to the growth plate. You'll see him wearing his cast. Fortunately, there was no fracture and he only had to wear the cast for a week.

We again took advantage of the beautiful weather and went strawberry picking at Froberg's Farm in Alvin, TX. It's an annual trip that is enjoyed by all. We came home with three full buckets of beautiful, freshly-picked strawberries. I don't think it'll be long before we're a little tired of strawberries!



## *Staying Safe in Parking Lots*

The Houston highways are scary, but our parking lots can be dangerous, too. Follow these important safety tips to stay safe and prevent accidents.



- 1. Park in Well-Lit Area** - If you'll be parking or returning to your car after dark, look for a spot in a well-lit area to prevent break ins or muggings.
- 2. Treat the lot like an intersection** - When you leave your car, look both ways before walking through the lot. This can help you see oncoming or turning cars, and prevent accidents.
- 3. Don't drive through spaces** - Don't cut through parking spots to save time. That makes it hard for other drivers or pedestrians to see you coming, and increases your accident risk.
- 4. Pull Through** - Backing out of parking spots leaves you with blind spots. If you have the option, pull through a space so that, when you're ready to leave, you'll have a less obstructed view.

## *Why Loofa Cleaning is Crucial*



Even though we use them to clean our bodies, loofas need to be cleaned weekly. To do so, soak it in a diluted bleach solution for 5 minutes and then rinse thoroughly. You can also put it in your dishwasher, without other dishes, of course.

Even with regular cleanings, loofas need to be replaced regularly. For natural fiber loofas, you'll need a replacement every three to four weeks. And if you a plastic product, replace after two months. (But get rid of a loofa sooner if you notice any signs of mold, or a strange musty odor coming from your loofa.

## How to Pick Your Sock Fabric by Activity

These days, there are so many more options than cotton socks, and picking the right material for your activity can protect your feet from pain, blisters, or even athlete's foot.



Follow this easy guide because, as we always say, it all begins with the socks!

**Acrylic** - Choose this synthetic fabric for athletic activities like running: it can wick away sweat, is lightweight and dries quickly, which is important for blister and fungus protection.

**Bamboo** - This eco-friendly option is breathable, hypoallergenic, and naturally microbial, making it an effective—but expensive—material choice for people who worry about foot odor and fungal infections.

**Cotton** - This all-weather sock is best for days when your activity levels are minimal—think a stroll down the office corridor, not a long walk. Why? Cotton socks stretch easily, meaning they can get baggy and rub unpleasantly, leading to blisters.

**Silk** - This strong natural fiber is absorbent and insulating, so it can be a good option for cold, dry days. But because it requires special cleaning and is sensitive to sweat, we typically only see dress socks made of silk.

### *From the Desk of Dr. Andrew Schneider*



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