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THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Shoes and Bunions: A Very Unique Challenge

Many women who have painful bunions on their feet struggle to find shoes that fit—especially fun or stylish pairs. The bump on the side of their foot, located at the base of the great toe joint, just absorbs too much pressure. Now, wearing their favorite shoes becomes painful.

How can we solve this problem? Ideally, someone with a painful bunion will choose shoes with a wider forefoot and a narrower heel. Unfortunately, a shoe like this is difficult to find, and certainly not that stylish. Luckily, we have other options that may help. Some women find relief by covering their bumps with products like Dr. Jill's Gel Bunion cushions, since they take away some pain and pressure. But for others, these pads just make the shoe tighter—especially if your bunion is large.

So, what's the best option for women who love shoes and have bunions? Come in to the office as soon as you notice a small bump, since we can usually stop progression and relieve pressure in your shoes when your bunion is first forming. Wait too long, though, and your bunion will get bigger, until the point that you simply have no shoes that fit comfortably anymore. (At that time, it is time to consider bunion surgery.) Hoping to avoid surgery and hold on to your shoes collection? Come into the office, and we will evaluate the bunion on your feet and recommend the best course of personalized treatment.



Getting into Pickleball Safely

These days, Pickleball is the hottest thing since sliced bread. But Pickleball injuries are also on the rise. As the fastest-growing sport in America, this competitive yet social game is attracting athletes of all fitness levels. And that is spelling big trouble for feet across the country. Want to jump on the Pickleball bandwagon without getting hurt? You can reduce your injury risk by investing in special Pickleball shoes. Or, look for shoes with lateral stability and stiff-frames. The shoes should also have lots of cushioning, lots of traction, and treads designed for moving in many directions. Finally, look for well-ventilated shoes to help avoid fungal infections or smelly feet that may develop during a sweaty game of Pickleball.

Dealing with Scam Callers

When you answer the phone and hear a recorded message, that's a robo call, often from scammers. Immediately, you should hang up without pressing any numbers—that could lead to you receiving more calls. Then, block the number that called—talk to your phone carrier if you need help with this step. Finally, report the calls to the FTC at [DoNotCall.Gov](https://www.donotcall.gov).



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



April with the Schneider Family (Taylor's Version)

April was a busy month for the Schneider family. We celebrated Passover and welcomed my parents and brother who came to spend the holiday with us. Thanks to the many of you who have expressed concern about the safety of Ariel and Hannah in Israel. While there is certainly unrest in Israel, I'm happy to share that they are safe. Ariel is finished with active duty but is still in the reserves. He does not expect to be called back.

Daniella had a big month. She performed in her last show at the Jewish Community Center. They staged a phenomenal production of Urinetown. If you look at the photo, you'll see that she is pregnant in the show. Trust me, seeing my little girl with a pregnant belly is triggering!

Daniella also committed to Drexel University for college next year. She will be studying screenwriting. I know she'll love Philadelphia. Daniella also saw Taylor Swift this past weekend when she was at NRG Stadium. She was nice enough to take her parents and got us custom shirts just to make sure we fit in. She even made me a bracelet that said "Swiftie Dad." It was an amazing show. She is a true talent.

Jonah has found a new passion: bouldering. If you don't know what bouldering is, it's rock climbing without a harness. He has taken some lessons and has steadily improved. He's been climbing twice a week and can't get enough of it!



Need to Know Info on First Aid Kits

To be prepared for emergencies, keep a first aid kit in your home and in your car, and find out the location of first aid kits where you work. Whether you buy a first aid kit or put one together, make sure it has all the items you may need:



1. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
2. Check the kit regularly.
3. Check expiration dates and replace any used or out-of-date contents.

Diabetes Types and Warning Signs



Diabetes is a condition that causes blood sugar to rise. Diabetes Type 1 is a chronic condition in which the pancreas produces little or no insulin. It typically appears in adolescence, and symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision. Type 2 Diabetes is a chronic condition that affects the way the body processes blood sugar. With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin. Symptoms are similar to those of Type 1 diabetes, but treatment plans may differ following a proper diagnosis.

What Causes Cavities?

Cavities are caused by a combination of factors, including bacteria in your mouth, frequent snacking, sipping sugary drinks and not cleaning your teeth well. When a cavity is just beginning, you may not have any symptoms at all. As the decay gets larger, it may cause:

- Toothache or sensitivity
- Mild to sharp pain when eating or drinking something sweet, hot or cold
- Visible holes in your teeth
- Brown, black or white staining on any surface of a tooth



You may not be aware that a cavity is forming, so it's important to have regular dental checkups, even when your mouth feels fine. If you experience tooth or mouth pain, see your dentist as soon as possible.



From the Desk of Dr. Andrew Schneider

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