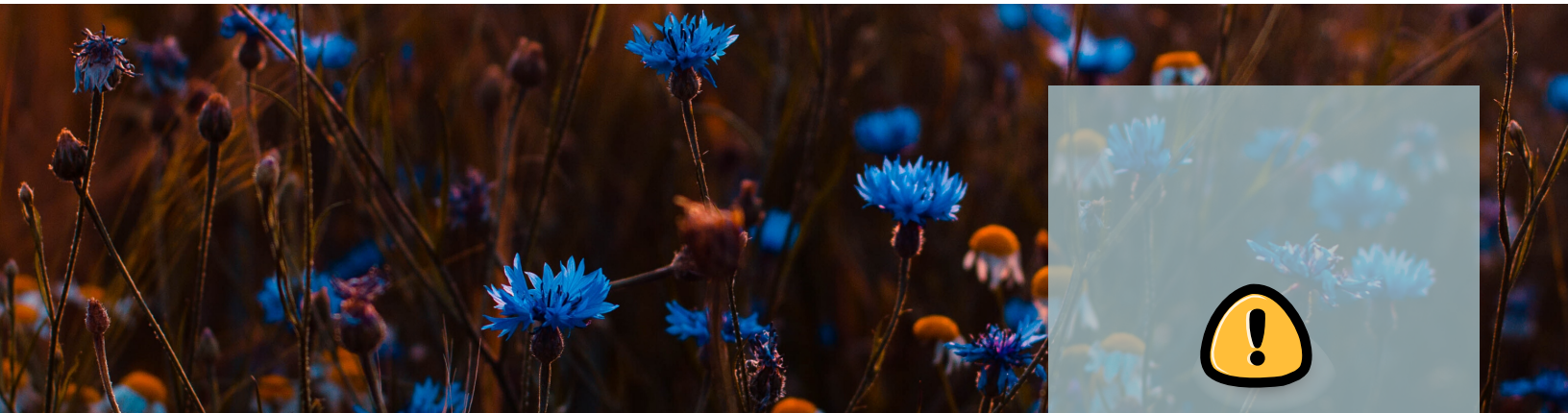


APRIL 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



5 Signs Your Child May Have a Foot Issue

Children's feet should never be in pain. It's as simple as that. Foot and ankle problems in kids, along with the signs and symptoms, can be very subtle. In some cases, the children don't even know that something is wrong. *Here are five signs that your child may have a foot problem:*

1. **Your kids are not keeping up with others.** Not every child is a super athlete and that's okay, but if your child is slowing down because his feet are getting tired, it may be a sign of something more. For instance, when a child has flat feet, it can cause the feet to tire quickly.
2. **Children stop playing sports they enjoy.** They may feel pain in the back of the heel as they continue to play and that pain may make them need to sit out. This is often due to inflammation of the growth plate on the back of the heel.
3. **Kids don't want you to see their feet.** Kids don't like going to the doctor and if something is visible on their feet, like an ingrown toenail or a plantar wart, they know that it will have to be taken care of by a doctor. Get into the habit of inspecting your child's feet periodically.
4. **You notice your child tripping and falling often.** We sometimes write it off to clumsiness, but tripping and falling could be signs of a biomechanical issue, like in-toeing or flat feet.
5. **Your child complains of pain.** Like we stated earlier, it is not normal for a child to have foot or ankle pain. If your child is feeling pain for more than three days, get it checked out.



COVID-19 & Telemedicine

In this challenging moment, we're here to meet you where you are: in your home. **We are offering Telemedicine Services!**

Telemedicine & COVID-19

Over the past month, many patients have taken advantage of the new telemedicine offerings. This allows them to get advice on their foot or ankle concerns from the comfort of their home. Is this right for you? It may be if you are in an at-risk group where it is safer for you to stay at home, or if you simply don't wish to risk exposure by coming to the office. If you are interested in a telemedicine appointment, it couldn't be easier. Simply call the office at 713-785-7881 and request an appointment. You will be sent an email with links to download the Zoom Meeting app (if you don't already have it) as well as a link for our one-on-one private meeting room.

There, through video chatting, we will be able to communicate as if we were in the same room together. Everyone who has use this new option of telemedicine has been more than satisfied. So if you're dealing with a foot issue and are not yet ready to come into the office, give it a try. Even better news...it's covered by insurance too!



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



Who Is That Masked Family?

This is where I write to update you about what is going on with my family. The trouble is, like yours, mine hasn't been doing too much these days! It's an exciting day when we have to go to HEB to stock up! Regardless, it's a treat having the whole family under one roof while we celebrated Passover. We realized that it was the first time that our family of five was alone celebrating the holiday for the first time ever! We did miss going to Israel for the holiday, which was our original plan, but made it a good one anyway.

Now the whole family is busy keeping Zoom in business. Daniella and Jonah are back in school online. My wife, Mirit, is back to teaching online. Ariel, who is home from school in Israel, is busy with classes online as well. As for me, I am spending some time in the office for those who need to be seen. I'm also spending time visiting with patients who can't yet visit the office through virtual visits online.

From my family to yours, I hope you all are staying safe and healthy. It is my sincere wish that this pandemic resolves soon, and we can get back to our normal lives.



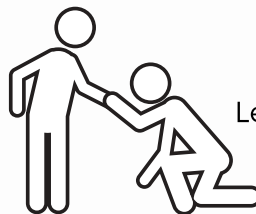
Caring for a Wound When Your Child Steps on Something in the Backyard

With all the time we're spending at home, there are lots of kids spending time in the backyard. As our weather warms up, many of these children are playing while barefoot. As it happens, kids are bound to hurt their feet when they step on something hidden in the grass. It could be a sharp rock, a stick, a lurking nail from an old project, or a splinter from the deck. It's important that these are taken care of quickly.

First of all, wash the area well with soap and water. If it is just a scrape or a minor cut, that may be all you need to do. If you see something sticking out of the skin, and it's large enough to grab, then pull it out.



Inspect the area of any remnants and, again, wash with soap and water. If you fear that there is anything left in the foot, be sure to contact Tanglewood Foot Specialists for Dr. Schneider to take a look. Finally, no matter how minor you think it is, cover the area with antibiotic ointment and a bandaid.



How far can you go?

Let us help! Learn more here and start moving toward a pain free life

May is Lupus Awareness Month

Lupus is a chronic, autoimmune disease that causes inflammation anywhere in your body and can affect any of organ, the skin and joints. There are an estimated 1.5 million Americans living with this awful disease. Lupus is known as an invisible illness because someone with lupus can appear perfectly healthy even though they're battling many internal issues, such as debilitating pain, extreme fatigue, blood disorders and more. Learn more about this cruel and mysterious disease by visiting lupus.org/lupusawarenessmonth for more information.



From the desk of Dr. Andrew Schneider

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If you would like someone subscribed for future additions, just let us know! They can subscribe easily on our website or give us a call

tanglewoodfootspecialists.com

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