

APRIL 2025

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



WHAT YOUR TOENAIL IS TRYING TO TELL YOU

While you may not know it, your toenail wants to talk to you. And, if you listen carefully, you just might be able to avoid serious injuries and infections. But you don't speak toenail, you may be saying...not to worry, we do! So, today, we're helping you navigate signs and signals that your toenail is in trouble.

What Your Toenail Shows You: There is a dark streak under your nail that doesn't heal and can't be traced back to a bruise; the nail may also lift, split or be painful.

What it Means: This could be a sign of a subungual melanoma, a type of skin cancer that develops under your nail. Treatable with early detection, it's important to see a doctor right away if you notice this symptom. Some symptoms overlap with nail fungus, but seeing a doctor right away will help you get an accurate diagnosis and prompt treatment.

What Your Toenail Shows You: Yellowing, thickening or crumbling. An odor may also be present.

What it Means: These are the more common symptoms of toenail fungus. Clearing up this type of infection takes time, so seeking earlier intervention can help you restore the appearance of a healthy toenail that much sooner.

What Your Toenail Shows You: Horizontal lines or grooves; white spots or streaks; or frequent hangnails.

What it Means: These could all be signs of a vitamin deficiency. Ask your doctor about supplements that could help restore your nail and overall health.

You may think that you don't understand the language of your toenail, but you're actually the best person to translate these and other visible warning signs. So, if you notice something in your nail that just doesn't look right, don't ignore your instincts—just come into the office and we'll help you figure out what it all means.

JUMP INTO PICKLEBALL THIS SPRING...WITHOUT THE INJURIES!

Pickleball is still one of the hottest sports in America, yet sport-related injuries have risen as individuals of all fitness levels try and embrace this game. So, how can you enjoy this paddle-based sport without the pain? First, try to lower your risk for problems by investing in shoes that have stiff frames and lateral stability. (You could even buy special Pickleball shoes, if you're really into the game.) Also, make sure to focus on the breathability of your shoes, also choosing sweat-wicking socks, in order to protect your sweaty feet from athlete's foot infections.



HOW TO HANG UP ON SCAM CALLS FOR GOOD



Whether they're asking to buy a property you don't even own or offering you a chance to reduce your student loan debt, robo calls—often from scam artists—are at best an annoyance, and at worst an entry point for far worse than irritation. So, what can you do if you get one of these calls? Hang up right away. Don't press any numbers, even if they claim doing so will take you off their list. As soon as the call ends, block the incoming number and report the calls to DoNotCall.Gov or to the FTC.

CATCHING UP WITH THE SCHNEIDER FAMILY

This month we're going to start with Jonah, our youngest. We're so proud of Jonah. Jonah recently won the Robert M. Beren Memorial Scholarship. To accomplish this, his academic record was taken into account, as was an essay written for the occasion. After he was awarded the scholarship, he wrote an additional essay which was presented at a gala dinner for his school. There, he was also presented with a beautiful award plaque. Congratulations Jonah!



Jonah and my wife, Mirit, also had spring break to coincide with Passover. They took the opportunity to see The Great Elephant Migration installation at Hermann Park. They both walked away impressed with the beauty and diversity of the exhibit.



Daniella has been working hard at Drexel! She completed her last quarter and was placed on the Dean's list for her academic achievement. Don't worry! She still has time for fun and plenty of extracurricular activities.

Ariel and Hannah were also off for Passover and took the opportunity to go on some hikes. Israel is a beautiful country and I love that they take the opportunity to enjoy its beauty when there is time away from work and school.



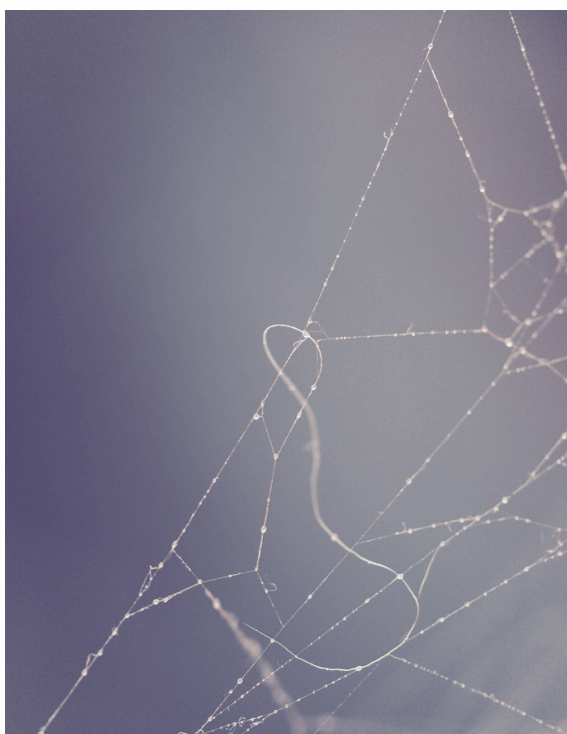
HOW TO STOCK A USEFUL FIRST AID KIT

Every home and car should have a complete, well-stocked first aid kit to provide care in case of an accident or emergency. While you can buy complete kits at most drugstores, be sure to personalize yours with:



- Necessary medications as well as the phone numbers for emergency contacts.
- Even once your kit is complete, be sure to check it regularly to make sure you haven't run out of necessities.
- Finally, be sure to swap out any expired products in order to fully protect yourself and your loved ones.

KEEPING CREEPY CRAWLIES OUT OF YOUR CAR



Did you know that spider infestations in your car can be a real problem? For the most part, you'll find these eight-legged nuisances inside car door edges, near windows, or even in your car's ceiling or steering wheel. Want to get rid of these pests safely? Put a pack of odor-clearing chlorine in your car—that should clear out the spiders. Just be sure to let the car air out completely before you drive it again, as chlorine can be harmful when inhaled by humans.

LEARNING THE WARNING SIGNS OF DIFFERENT TYPES OF DIABETES

Diabetes is a disease characterized by rises in your blood sugar. But there are different forms of disease. If you have diabetes Type 1, you have a chronic condition caused by your pancreas' inability to produce sufficient (or any) insulin. Most Type 1 diabetics are diagnosed during childhood or adolescence; they first complain of symptoms such as increased thirst, frequent urination, hunger, fatigue, and blurred vision. In contrast, Type 2 Diabetes is also a chronic condition, but it's triggered by the way that your body is able to process blood sugar. When you are a Type 2 diabetic, your body may not produce enough insulin. However, some Type 2 diabetics do produce insulin, but their bodies resist what they produce. While both disease types present with similar symptoms, treatment plans may differ, so it's important to work closely with your diabetic care team to manage your condition following an accurate diagnosis.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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