

AUGUST 2023

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *How to Avoid Foot Sunburn*

It may sound strange, but in the hot Houston sun, your feet are very vulnerable to sunburns...and other burns as well! All too often, we lather up our bodies with sunscreen, only to forget to cover the delicate skin on the tops of our feet. But guess what? Since they see less of the sun than most of the rest of your body, the skin on your feet is actually most vulnerable to sunburn. So be sure to apply sunscreen to your feet with at least 30 SPF protection. And look for brands that provide UVA and UVB protection.

When you're applying that sun screen, take off your sandals, to make sure you cover every inch of skin that could be exposed to sunlight. But once your sunscreen dries, and you're ready to get moving? Put those sandals or flip flops back on your feet. Because, thanks to the hot Texas sun, even walking from your beach blanket to the water's edge could expose the soles of your feet to enough heat to cause a burn. In other words, if you want to stay safe in the sun this summer, always wear sunscreen. And never go barefoot. Follow those two rules and all should be well!

## *How to Cope with Painful Blisters*

Summer is often a time when people wear shoes without socks. Or, they reach for plastic sandals that rub against their skin, causing painful blisters to develop. If you have a small blister on your foot, cover it with a band-aid until it heals, swapping out band-aids daily and gently cleaning the area in order to prevent infection.

Did your blister empty already? Put an antibiotic cream on the open sore and re-cover the skin with a bandaid to prevent infection. Be sure to change the covering daily until your skin heals, and come into the office if you notice redness, swelling, or pus.

Got a blister that's making you miserable, but is too big to cover? Come into the office, and we'll safely drain the blister with a small, sterile needle, all without disturbing your top protective layer of skin. Once drained, we'll cover the area to prevent infection while you heal, so you can walk comfortably right after your visit!

## *Starting a compost at home*

Composting is an effective way to minimize the amount of garbage you send to the landfill. Whether you're in an apartment or a house without a backyard, you can set up a mini collection station right in your kitchen. Here's how:

1. Get a compost bin with a tight-fitting lid.
2. Line your compost bin with biodegradable bags.
3. Store full compost bags in your freezer, so you can regularly replace the old scraps between pickups or runs to drop-off locations.
4. Find a local collection service or drop-off location. If you don't have a garden in which to compost your scraps, see if your community offers collection services.



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

# *Schneider Family Update!*

As the summer winds down and school starts up, there has been a flurry of activity.

My wife, Mirit, Daniella, and Jonah visited her family in Canada. Sadly, I couldn't travel at that time because of the situation with my ears (fully recovered, by the way). They went to see sand dunes, the Barbie movie, and you'll find a picture of Daniella relaxing at her aunt and uncle's cottage by the lake.

Ariel and Hannah were getting a little salty about not being included in the newsletter. So I told them to send me pictures and I would love to feature them. They spent an evening out at the Jerusalem wine festival. As I'm writing this, they are in New York visiting Hannah's family. They went to the Catskills and enjoyed some kayaking.

Not to be forgotten, Jonah started high school last week. I know he's going to have a great year!

Stay tuned for next month's newsletter. Right now I'm in California with Daniella for her graduation trip. Later in the month, we'll be moving her into college. Great pictures to follow!





## *Supporting Native Bees*

Want to help support our local bee population? Here are some helpful tips to try and boost the population of these helpful pollinators:

- Plant a bee garden, packed with plants that are rich in pollen and nectar, such as purple coneflowers, milkweed or even sweet basil.
- Create a bee bath by filling a shallow bird bath or bowl with clean water, and providing landing spots in the form of stones that break the water surface.
- Go chemical-free for bees. Avoid using synthetic pesticides, fertilizers, herbicides, and neonicotinoids in your garden, instead choosing organic products that still keep pests away.
- Support local environmental organizations in an effort to protect bees all across the country!



## *When to Change out Home Filters*



How often do you really need to change filters in your home?

When it comes to air filters, we typically suggest replacing them every three months. But you have a bit more time when it comes to your refrigerator—there, a frequency of every six months will do for replacements. (The same is true for that water filter in your fridge.)



## *Don't Even Think About Grabbing a Cactus Souvenir*

Here's a story just wacky enough to be real! In order to deter cactus theft...yes, apparently, it's a thing...rangers in Saguaro National Park (near Tucson, Arizona) have started to embed microchips in the park's cacti! Of the roughly 1.9 million saguaro cacti in the park, only 1,000 of them are tagged, but rangers were wise in their chipping decisions, marking the ones close to roads, along with smaller cacti, both of which are most likely to be stolen. Still tempted to take home a prickly keepsake? It could cost you, since the trackers are similar to pet microchips and could lead disgruntled rangers right to your door!



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



Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family that may benefit from this information.

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

[tanglewoodfootspecialists.com](http://tanglewoodfootspecialists.com)  
713-785-7881