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# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *When and Why to Choose Orthotics*

Custom foot orthotics are an important tool for managing your foot health.

Why is that the case? A custom orthotic is made specifically for you.

It can correct any biomechanical deficiency in your gait. As a result, it helps to solve walking, standing, running, and exercising issues.



Even better? With a properly made custom orthotic, we can prevent bunions and hammer toes from worsening. And we can provide long-term treatment for heel and Achilles tendon pain.

Basically, the goal of a custom orthotic is to make your foot function as efficiently as possible. Because of this, they help prevent future injuries, take pressure off your joints, and provide effective foot, knee, hip, and back pain relief when you wear them consistently.

**Have you been told you need orthotics? [Schedule your consultation](#) today and we can get you fitted before prices increase October 1. (See article on page 5 for more details.)**

## *Interior Painting Safety*

### **Redecorating a room?**

Before you begin, open all windows as wide as possible inside the room that's being painted. Then, keep one or more fans running. And position them to push the paint fumes out of the window, not just circulating them.

Next, choose a low-or no-VOC paint to avoid releasing harsh chemicals in your home.

Finally, once your paint job is finished, keep the fans running while paint dries to eliminate any remaining fumes. And remember, to avoid smudging your paint, let walls dry for at least 48 hours before moving any furniture back into the room.



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

## *Deodorant vs Antiperspirant: Which Should You Choose?*

Antiperspirant and deodorant control sweat and odor in different ways. Deodorant controls the odor associated with sweating, but antiperspirant blocks your sweat glands.

Choose deodorant if you want to limit odor, but use antiperspirant if you want to reduce underarm wetness and excessive sweat. Just remember, people with kidney function of less than 30% may not be able to clear the aluminum in antiperspirants out of their system efficiently. So people with kidney disease should consult with their doctor before using antiperspirants.



## *It's Back to School Time!*

As summer comes to a close (although it's still pretty hot!), it's time for the kids to go back to school.

Jonah is entering 8th grade at Robert M. Beren Academy. He's looking forward to the basketball season starting.

Daniella is a senior at Bellaire High School. In the picture, you can see the overalls she decorated. It's a senior tradition which she very much was looking forward to.

Ariel is in Israel and has completed his active duty in the army. He's going to pursue religious studies for the next several months before starting university.

I hope everyone has a fantastic school year!





## *Pull Off a Closet Makeover*

Want to use downtime to get organized? Here's a simple recipe for success.

1. Purge unworn clothing items and accessories, focusing on larger items first to make more space.
2. Sneak a small dresser below hanging items in the closet, to add more organized storage options
3. Add dividers to open shelving to create zones for shirts, pants, bags, and more
4. If space allows, bring in a hanging or floor-based shoe rack
5. For items that won't be used regularly, store in vacuum sealed bags to create even more space!



## *How Often Should You See Your Primary Care Provider*



Every one is different. And you should consider 1) your age, 2) any risk factors you have for chronic illnesses and 3) your current health status. But if you are in basically good health and under the age of 50, see your PCP every three years for a checkup. After age 50, see your doctor once a year. Older patients should consistently see their provider for blood tests/labs and follow up twice per year if there are no other issues. On the other hand, if you have any chronic illnesses like diabetes, visit a healthcare provider more frequently, regardless of your age.





## *Now Is the Time to Invest in Orthotics*

Because the costs of goods continue to rise, our costs for custom orthotics have also risen, so we had no choice but to increase our in-office price for the first time in 10 years.

**Starting October 1, 2022, the investment for a pair of custom orthotics will be \$600. Any subsequent pair, whether you order them at the time of your evaluation or afterward, will be \$320.**

Been waiting to get evaluated for custom orthotics? Act now and take advantage of the last month of lower pricing, since we will honor our current pricing through the end of September.

Already have orthotics and want an additional pair? You can call and order them over the phone. Haven't yet been evaluated for custom orthotics, or gone over 5 years since getting your last pair? You'll need to schedule an evaluation before making your purchase.



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



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