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THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



DO BUNIONS RUN IN FAMILIES?

Most often, bunions develop when you have weak foot mechanics. The resulting instability causes rotation in the bone beneath your big toe. In turn, you begin to notice a bump on the side of your foot.

Many people wonder if bunions run in families. Here's the good news: just because your parent or grandparent had a bunion doesn't mean you will. But the type of foot that's more prone to this deformity does run in families. So, if someone in your families has a bunion, you should watch your feet carefully.

As soon as you notice any kind of bump forming on the outside of your foot, beneath the big toe, get it checked. When you treat a bunion in its early stages, its possible to address the issue with custom orthotics. This will restore stability to your foot, and stop bunions from growing larger. If you wait, you may need more serious interventions.

CHEERS TO OUR FOUR-LEGGED FRIENDS

Here in the office, Dr. Schneider's dog Juju gets to take over our weekly emails when he's traveling the world. But this month especially, we want to celebrate Juju and all the other pups in our Tanglewood Foot Specialists family as we mark National Dog Day on August 26. Got a pooch who you want featured in an upcoming newsletter? Shoot us a picture including the dog's name and bio, and we'll be happy to spotlight your furry friend, too!



DON'T FALL VICTIM TO FOOD POISONING

Amid the ongoing Italian botulism outbreak—linked to tainted broccoli—it's important that you take precautions to protect yourself from food-borne illnesses. Here are the Centers for Disease Control's top tips for preventing food poisoning when cooking and preparing food in your own home:



1. Clean - Wash your hands and work surfaces before, during, and after preparing food. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.
2. Separate - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards and keep raw meat away from other foods in your shopping cart and refrigerator.
3. Cook - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.
4. Chill - Set your refrigerator to 40°F or below. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if food is exposed to a temperature above 90°F, like in a hot car).

SUMMER ADVENTURES AND BACK TO SCHOOL

As reported last month, the family was scattered doing their own things. Ariel and Hannah spent their summer living in Israel. Ariel is in school for electrical engineering, which takes up most of his time. Hannah is about to start her internship at a law firm.

My wife Mirit and I spent two weeks in Israel visiting Ariel and Hannah. We also had a chance to see Jonah, who was traveling in Israel on a youth group trip. We saw friends, did some touring, enjoyed the Jerusalem Wine Festival, and went to the beach at Tel Aviv. It was wonderful to spend time with the kids. It was too long since we had seen them!

Daniella stayed stateside, finishing her internship at a production studio. It wasn't all work. Her group took some side trips, including a trip to Disneyland! She's had an unforgettable summer.

Alas, it's back to school time. Mirit and Jonah are already settling into the back to school groove. Jonah is starting 11th grade...time to start thinking about what comes next.

I wish everyone a successful school year!



GET YOUR GOLF GAME IN SWING

August has been designated National Golf Month, and we're here to help you improve your game while reducing any foot or ankle pain you may experience when hitting the links. You see, your feet form the foundation of your golf swing; getting yourself fitted for custom orthotics can therefore improve your game by enhancing your stability, power, and overall performance. How does that happen? We design orthotics to support your unique foot structure during the complex movements of your golf swing. This can help your swing via:

- Enhanced stability during setup and swing
- Improved weight transfer through impact
- Better balance during follow-through
- Consistent foot positioning for repeatable shots
- Reduced strain on feet and ankles



Tired of playing below par? Come into the office and see if we can boost your game with a pair of orthotics!

6 RULES FOR SWIMMING SAFETY

As we approach Labor Day, we know that pool season in Houston is not even close to its conclusion. To stay safe and enjoy water fun until the weather cools off, be sure to follow these important Red Cross guidelines:



- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.

BETTER AFTER-SCHOOL SNACK IDEAS

With the kids having been back in school for a bit now, you may already be running low on ideas of what to serve up when they walk in the door, starving and ready to eat immediately. Here's a recipe idea that's perfect for families who may have to follow a diabetic eating plan, or for anyone who just wants to provide their family with healthier offerings:

Apple Ladybug Treats

Ingredients

- 2 red apples
- ¼ cup raisins
- 1 T peanut butter
- 8 thin pretzel sticks



Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.



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!

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