

DECEMBER 2022

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Don't Let Pickleball Kill Your Feet*

Each week in our Houston podiatry practice, we see quite a few Pickleball players coming in with injuries. But why is this sport causing so many people pain? First, Pickleball is one of the fastest-growing sports in the country. So, it's not surprising that each year also sees new people complaining of sports injuries. Also, 75% of Pickleball players are 55 or older. And, since aging can already take a toll on our feet, jumping into a new, active sport could help explain the rise in injuries. Finally, because the sport is so social, many players enjoy daily matches. And, as with any physical activity, daily training can lead to overuse injuries.



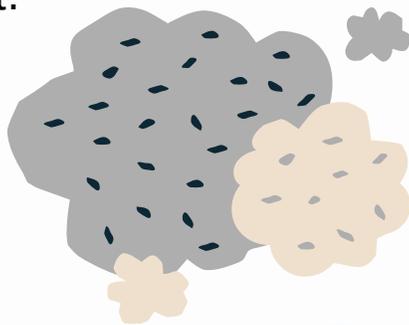
Can we prevent all Pickleball injuries? Probably not, but we can certainly reduce your risk. First, if you're playing regularly, invest in special Pickleball shoes, or at least choose stiff-framed shoes for extra stability. The shoes should also have lots of cushioning, especially under the ball of your foot. And make sure the shoes have lots of ventilation to avoid sweaty feet and fungal infections. Finally, if your feet hurt when you play Pickleball, take a day or two away from play and make an immediate appointment with our office.



## *Why Dusting is Your New Health Trend*

Accumulated dust in your home can contribute to allergies, stress and anxiety. To prevent dust build-up, make sure you:

1. Change your bedding once a week, since dust mites love thrive in pillows, and sheets.
2. Keep your closets tidy.
3. Get rid of floor clutter.
4. Get a good duster.
5. Clean from top to bottom.
6. Get an air purifier for extra support.



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

## *Is It ADHD OR ADD?*

There is no difference between ADD and ADHD. ADD (attention-deficit disorder) is an outdated term for what we now call ADHD (attention-deficit hyperactivity disorder). Some kids with ADHD have hyperactive behaviors and some don't, but the diagnosis is ADHD either way. Yet even kids who aren't fidgeting or running out of class can still have really significant brain-based difficulties and related ADHD symptoms. The important thing is that a child who has a real problem paying attention, even without the other symptoms that tend to result in more disruptive or problematic behavior, still needs to be understood and to get help.



*Wishing You A Very Happy New Year!*

On behalf of my family and office team, I'd like to wish everyone a very Happy and Healthy New Year.

Thank you for putting your trust in us to care for your foot and ankle health. Rest assured, if and when you need us in 2023, we will be ready to serve you.

Exciting things start our family off next year when our oldest, Ariel, gets married in January. Stay tuned to next month's newsletter for wedding photos!

Dedicated to Your Health,  
Dr. Andrew Schneider





## *Cold Vs Flu Viruses: Know the Difference*

With so many respiratory illnesses taking hold of the country right now, it's important to know the difference between a cold and the flu.

A cold is relatively harmless and usually clears up by itself, but the flu can lead to serious complications such as pneumonia. Learn the symptom differences:



### **Cold symptoms:**

- Low or no fever
- Sometimes a headache
- Stuffy, runny nose
- Sneezing
- Mild, hacking cough
- Slight aches and pains
- Mild fatigue
- Sore throat
- Normal energy level



### **Flu symptoms:**

- High fever
- Always a headache
- Clear nose or stuffy nose
- Sometimes sneezing
- Cough, often becoming severe
- Often severe aches and pains
- Several weeks of fatigue
- Sometimes a sore throat
- Extreme Exhaustion



## *Is It Better to Wear Glasses or Contacts?*

Picking glasses over contacts or vice versa might suit you better as an individual, but there's no hardline answer to the question "Are contacts better than glasses?" In fact, more and more people are wearing both contacts and glasses regularly.



You might be someone who only wears contacts when glasses would be impractical: at the amusement park, during gym class, while playing sports, or swimming, to name just a few examples. Perhaps you wear contacts on days when you feel like showing off your eye makeup. Studies even show that wearing contacts can make people feel freer and more confident. Or, maybe you just like having the choice available to you. Many people opt for contacts during the day and then return to their glasses during the morning and night. Others just do what they feel, and switch between glasses and contacts spontaneously.

The point is, there's really no right choice between the two—and in fact, choosing both gives you the best eyesight and comfort.

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



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