

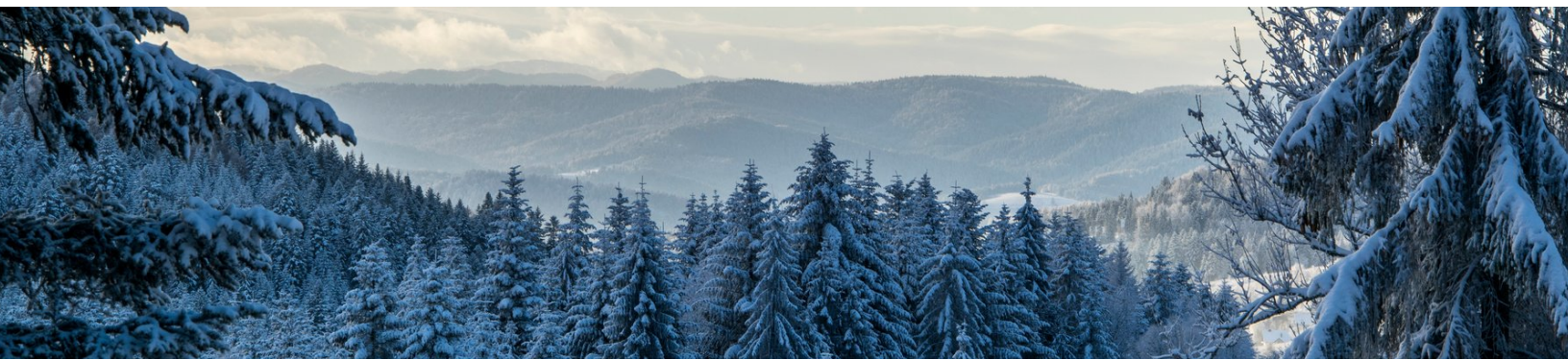
DECEMBER 2021

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



Do You Need New Sneakers for 2022?

We all understand that running shoes have a limited lifespan. But most people keep wearing them well after their useful life has ended, often because they still look new. Unfortunately, how your upper shoe or sole looks has little or nothing to do with its remaining support and function. What matters is the midsole, the part of the sole that we really can't see from the outside. Which is the part that has the most function and limits a shoe's useful lifetime.



With every stride you take, the midsole compresses. So, with time, it loses the majority of its support. As a result, the average useful lifetime of a running shoe is approximately 350 miles. What does that mean in real life? If you don't run regularly, or take part in other sports and activities where you don't track your miles, replace your shoes every 4-6 months. Which means, if you've been wearing your current shoes since September or earlier, it's time to get yourself new shoes for the new year!

How to Train Safely In the Dark

With less hours of sunlight in the winter, many of you will have no choice but to run outside in the dark—either before or after sunrise. But when it's dark outside, it makes it hard to see everything that's coming up in front of you. You could easily end up stepping into a pothole and twisting your ankle.



Want to stay safe when you train in the dark? Here are 4 simple tips to follow:

- 1. Run where you know.** When it's dark outside, it's not a good time to try new routes.
- 2. Wear a headlight,** so you can see what's on the road ahead.
- 3. Avoid running on uneven surfaces.** Consider a high school track or a well-maintained trail.
- 4. Run with a partner,** to keep you motivated and to give you another set of eyes for hazards along the way.

The Secret Hazard Hiding In Your Home

According to the U.S. Fire Administration over 2,900 dryer vent fires occur annually, resulting in 100 injuries and five deaths each year. Keeping your dryer vent lint-free is the best way to prevent this kind of accident, since 34% of all dryer fires result from built-up lint.

To protect your home:

- Clean the lint filter before and after each load of laundry, making sure to clean the back of the dryer as well.
- Check and clean your vent pipe professionally every three months.
- Make sure the outdoor vent covering opens when the dryer is on.
- Don't leave a clothes dryer running if you leave home or when you go to bed.



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

The Schneider Family Had an Amazing Time Celebrating Jonah's Bar Mitzvah

Everything was leading up to this. Jonah had studied and prepared for over a year learning for his part in the synagogue. Through it all, there was uncertainty as to what the celebration would look like. For the past couple of years, we've participated in "Zoom Bar Mitzvahs" which we were fortunate to avoid. To keep us on our toes, Jonah came down with COVID, despite being vaccinated. He emerged from quarantine just before his bar mitzvah weekend.

Simply put, Jonah rocked it! He was perfect at the synagogue service and deserved the party to follow. Sadly, some close family and friends were unable to join us for the celebration. We were grateful for everyone who was able to come to Houston to celebrate with him.

I'm thrilled to share some pictures from the Bar Mitzvah weekend. From my family to yours, I wish you the best for a Happy and Healthy 2022.





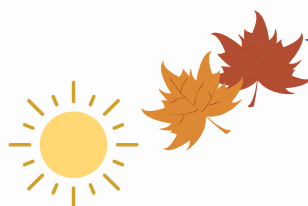
Why You Should Learn CPR



Cardiopulmonary resuscitation (CPR) training is important. It can save lives, and getting trained is easy for anyone who wants to do so. This life-saving technique helps maintain blood flow to the brain and heart in an emergency situation.

If you are ever in an emergency situation, waiting for an ambulance, performing CPR confidently and effectively could keep the victim alive until first responders arrive and take over.

Sadly, less than half of the individuals who suffer from cardiac arrest receive any type of CPR assistance from a bystander. By taking a CPR course, you can become empowered to help in an emergency life, improving someone's odds of survival.



Why Your Body Aches When the Weather Changes



Have you noticed your body aches when the weather changes? If so, you're not alone. It's common for people with arthritis to experience this issue, but others can as well.



Why is this the case? When there are barometric pressure drops (that's the weight of air pressing against the surface of the earth) it seems that the fluid or gas in our joints expands. As a result, if you have an inflamed joint that's already prone to swelling, the problem will get worse with added pressure from expanded fluid.



Can You Sleep with Socks On?

With the temperatures dropping, cold feet could keep you up at night. Of course, wearing socks to bed is an easy—and safe—way to keep your feet warm over night. Plus, it's a great way to lock in moisture if you apply hydrating cream to your feet before bed.



Just be careful about the kind of socks you choose to wear while you sleep. The best choice is actually a cashmere or merino wool sock, and the fit should always be loose, to prevent sweaty feet or constricted blood flow. And, if your feet do feel hot or sweaty in the night, be sure to quickly remove your socks or pop your feet out from under the covers, or you'll risk creating the kind of moist environment in which athlete's foot loves to grow.

Happy New Year!

We want to say how grateful we are to all of our patients and Tanglewood Foot Specialists staff for sticking with us through two of the hardest years in recent history. We are so grateful to serve and heal you, and we look forward to welcoming 2022 together, hopefully with better health and fewer challenges to overcome.



From the desk of Dr. Andrew Schneider

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713-785-7881