

FEBRUARY 2022

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



The Easy Way to Get Rid of Plantar Warts

Traditional treatments for affect infected and healthy tissue. As a result, they can leave you with scars. Plus, they're often ineffective, so warts keep coming back, even after several treatments. That's why our office now offers Swift Microwave Therapy. Instead of destroying your tissue, it stimulates your immune system to cure the wart-causing virus.

How does that happen? Swift uses directed, low-powered microwave energy. We apply this energy to the wart, where, in just seconds, it penetrates to a 3 mm depth. The microwave energy targets and heats water molecules within the wart. This reaction releases the wart's viral proteins, giving your immune system the chance to identify, fight and cure the virus.

After Swift treatment, you'll have less than a 1% chance of the wart reoccurring. That makes Swift a cure for plantar warts. And it's one that won't leave any scarring on your body. So be sure to ask us about Swift treatment if persistent plantar warts have been causing you pain or frustration.

Happy Taco Twos-day!

We invite you to celebrate this once-in-a-millennium event with this diabetic-friendly taco recipe from [**EatingWell.com**](https://www.eatingwell.com)



Or, if tacos aren't your thing, browse our gallery of [What to Eat Wednesday recipes](#).

Perfect for those with diabetes, or anyone who wants to eat fresh, healthy, and delicious food.

That's something to get 2.2.22 excited about, don't you think?

Happy Palindrome Week!



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

What Is GERD?

Gastroesophageal reflux disease (GERD) is a condition in which your stomach acid frequently flows back into your esophagus (that's the tube which connects your mouth and stomach.) We distinguish GERD from typical reflux if you have mild reflux at least twice a week, or severe reflux at least once a week.

GERD symptoms include:

- Heartburn
- Chest pain
- Difficulty swallowing
- Regurgitating food or sour liquid
- The feeling of a lump in your throat
- Chronic cough
- Laryngitis
- Asthma
- Disrupted sleep

Untreated GERD can lead to a narrowing of the esophagus, which can make it harder to swallow. You may also develop ulcers or even precancerous changes to your digestive tract.

Dr. Schneider is Back from Boulder, CO!

Last weekend, Dr. Schneider was in Boulder for a conference put on by the Institute for Tissue Regeneration and Repair. It was a weekend well spent!

For those who follow my emails and newsletters, you already know that I brought in Shockwave therapy to the office to treat foot and ankle injuries. The results so far have been fantastic. The more I use the unit, the more proficient I become. This conference was able to take my learning curve and send it into overdrive.

The keynote presenter at the conference was Professor Dr. Karsten Knobloch (see the photo). He is essentially the leading authority on Shockwave therapy in the world. I had an opportunity to hear 2 lectures from him and participate in a workshop. He fielded my questions and I felt privileged to have the opportunity to learn from the best.

I've already put this newfound knowledge into practice. I will continue to find opportunities to learn more so I can serve you at an even higher level.



Eliminating Food Waste

Did you know that up to 40% of purchased food gets wasted, all while people across the globe go hungry? Organizations such as K-12 Food Rescue are actively working to divert unused food to those in need. But you can also prevent food waste at home by:

1. Making weekly menus, and only shopping for needed ingredients.
2. Checking the pantry and fridge before making new food purchases.
3. Waiting to wash produce until just before using.
4. Freeze leftovers and unused food—even fruits and vegetables—before they go off.



Why Do I Need Vitamin D?

Without Vitamin D, your body can't absorb calcium or promote bone growth. Too little vitamin D results in soft bones in children (rickets) and fragile, misshapen bones in adults (osteomalacia). Your body can make its own Vitamin D if your skin gets enough sunlight exposure. And, while living in Houston, we could get enough sun exposure, many people will still experience deficiency.



Also, people with dark skin are less able to absorb sunlight, so African-Americans have a higher risk of Vitamin D deficiency. So, If you're concerned that your Vitamin D levels may be low, speak to your doctor about testing and supplementing your diet.



How to Beat the Winter Blues

With the cold fronts that keep coming through Houston, it's not abnormal if you feel the winter blues and you're not alone. But it's important to differentiate between temporary seasonal sadness and seasonal affective disorder.

With winter blues, you may experience mild sadness during the fall and winter months, some trouble sleeping, and a lack of motivation. But with SAD, you'll experience severe sadness, frequent sleep and eating issues, depression that's bad enough to limit normal functioning and motivation.

You can manage winter blues by reducing screen time, consuming more protein and Vitamin d while reducing sugar, sticking to a steady sleep-wake cycle, and seeking natural light exposure as soon as you wake up. If self-management isn't working and your symptoms seem to be getting worse, make sure to speak to a healthcare professional about how you're feeling. Help is available!



From the Desk of Dr. Andrew Schneider

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