

JANUARY 2026

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



LET'S KICK OFF YOUR NEW WORKOUT ROUTINE WITHOUT THE INJURIES

January is a time when many of us start new exercise routines, or jumpstart and increase the difficulty of old ones. Unfortunately, if it's been a while since you last worked out, or if you went from zero to sixty on New Year's Day, you could be at risk for an overuse injury. Want to stay active—without the pain? Here's what you need to do:

1. Start Slowly

Instead of trying to run a 10K race the first time you lace up your sneakers, gradually increase your activity level, week by week. Maybe you take a 10 minute walk this week, and next week you extend it to 12 minutes—or, you stick to 10 minutes, but include a 1-2 minute jog in the middle. In this way, you allow your endurance to adjust gradually, avoiding strain on your muscles and tendons.

2. Listen to Your Body

If you experience significant discomfort during or after exercise, take a day or two off of exercise. If things don't feel better, that's a sign to come in and get screened for injuries—pushing through the pain is likely to leave you in worse pain, and sidelined from your fitness goals for much longer.

3. Get the Right Gear

A new workout routine may demand new sneakers. Just be sure that you get fitted—in person—for those shoes. They should fit comfortably the first time you wear them. And if you have flat feet or high arches, consider coming into the office for custom orthotics—they could reduce your risk for discomfort and injury, while also improving your athletic performance!

2026 SHOE TRENDS: WHAT TO TRY & WHAT TO SKIP

According to Who What Wear, there are some exciting new shoe trends we love for 2026. High vamp heels are back in play and, while we encourage you to keep the actual heel height to 2-inches or under, we love that these shoes give your feet more coverage, meaning you're less likely to slip around in them, forcing your toes to grip uncomfortably in response. Woven-textured shoes are also on-trend this season, another style we support because they allow your feet to breathe, reducing the chances of getting stinky, sweaty feet—and athlete's foot infections. But one shoe trend we're not loving is the ballerina sneaker—so named because it's as flat as those awful-for-you ballet flats, but comes with laces and more foot coverage. Why should you skip this trend? It's actually fine as a party shoe or for a short afternoon out. But the problem comes if you let this style replace your actual sneakers, then spend hours on your feet. With completely flat soles and absolutely no arch support, spending hours on your feet in this trendy style is simply a recipe for foot pain and, eventually, more chronic concerns like plantar fasciitis!

IMPORTANT CARBON MONOXIDE SAFETY REMINDERS



Carbon monoxide is called the “Invisible Killer” because it's a colorless, odorless, poisonous gas. Every year in this country, more than 150 people die from accidental carbon monoxide poisoning. To prevent disaster, install carbon monoxide monitors in your home, and learn these signs of carbon monoxide poisoning:

Headache

Dizziness

Fatigue

Mental confusion

Shortness of breath

Vomiting

Nausea

Loss of consciousness

Loss of muscular coordination

Ultimately, death

HAPPY 2026 FROM THE SCHNEIDERS

It's hard to believe that the first month of 2026 has already gone. We've been busy though!

First we were all rooting for the Texans to go a little bit further than they did but we got our car all decked out for the occasion.

Ariel and Hanna were out celebrating their third anniversary. It's incredible to think that three years have passed. We're looking forward to seeing them in a few months.

Daniella ended her winter break with a visit to Disney World with her friends. Being 21 she was excited to "drink around the world." As you may know Disney is the Schneider's happy place and she had a great time.

Jonah has been busy with basketball and the team is doing very well, as is Jonah. Jonah is also now certified to supervise the kitchen of kosher establishments and caterers to ensure they are keeping the rules of kosher. This involved a lot of studying and a lot of responsibility. We're very proud of him!



HAVE YOU CHECKED YOUR FIRE DETECTORS?



If you have an older, battery-powered smoke detector, you should check and test them every month. Always use brand-new batteries, taken directly from the packaging. But what about hard-wired detectors? These safety devices are powered by your home's electrical system. Still, they usually have backup batteries, so they can function even if your house loses power. For that reason, you should check the back-up batteries regularly. And you should test your hardwired detector's function every month, to make sure they have a proper supply of electricity.

X-RAYS AND RADIATION: WHAT YOU NEED TO KNOW

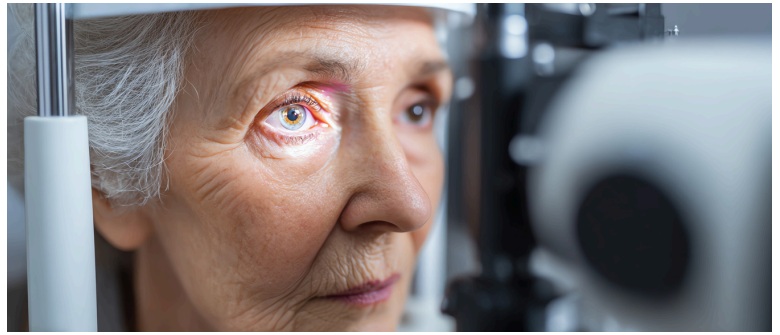
As we know, large doses of radiation can increase your risk of developing cancer and other complications. So you may be worried about the low doses of radiation you're exposed to from imaging tests such as x-rays. But consider this: people are constantly exposed to radiation, from a number of sources, including radioactive materials in our environment, radon gas in our homes, and cosmic rays from outer space.



In fact, the average American is exposed to about 3 mSv (millisieverts) of radiation from natural sources over the course of a year. Now, x-rays and imaging scans will increase your exposure (they average between 0.1 mSv for a typical x-ray to 25 mSv for a PET or CT scan. Clearly, this exposure may slightly increase your risk of complications. On the other hand, medical imaging can detect diseases or conditions that could threaten your life. With that in mind, talk to your health care provider before scheduling any imaging test. Ask whether it's needed, what you and your health care provider can expect to learn from that test. Because, at this time, it's best to get only necessary imaging tests, and to otherwise limit your exposure to all forms of radiation. Remember, World Cancer Day is coming on Feb. 4. So we should all do our part to lower our risk for future cancers!

UNDERSTANDING GLAUCOMA

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging your optic nerve. These diseases are scary because symptoms can start so slowly that you may not notice them. The only way to



find out if you have glaucoma is to get a comprehensive dilated eye exam. Now, there's no cure for glaucoma, but early treatment can often stop the damage and protect your vision. Anyone can get glaucoma, but you're at higher risk if you:

- Are over age 60
- Are African American or Hispanic/Latino and over age 40
- Have a family history of glaucoma

To protect your vision, it's important to talk with your doctor about your glaucoma risk. Together, you can figure out how often you should be checked for glaucoma.



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!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

tanglewoodfootspecialists.com
713-785-7881