

JANUARY 2022

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



What Is Shockwave Therapy?

Shockwave therapy is a newer way we can treat inflammation. In our office, we're seeing great results for patients with heel pain, Achilles tendonitis, ankle sprains, turf toe, shin splints and even the nerve pain of Morton's neuroma.

Shockwave Therapy is non-surgical and non-invasive. And, in our office, we use a type of shockwave therapy known as Extracorporeal Pulse Activation Treatment (EPAT). This state-of-the-art treatment is a form of regenerative medicine, meaning it stimulates your body to heal itself. Just one session causes microtrauma in the areas where you experience inflammation. As a result, your body redirect healing resources to your sore spot. And you begin to feel better without medications, injections or surgery!

Tired of living with pain and hoping to avoid invasive treatments? Call us today and ask if you're a good candidate for EPAT!

Secure Your Passwords to Start the New Year Right

Passwords are your first line of defense against hackers. In order to stay safe, you need to create a strong password, then make special efforts to keep it secure. Here's how to do so:

1. Create a new password for every separate account you use.
2. Make passwords that are at least 8 characters long, containing numbers, special characters and lower and uppercase letters.
3. Don't use consecutive number or letter combinations, and avoid using personal information such as a partner's name or birthdate.
4. Always log out of your account when using a shared or public device.
5. Don't log into password-protected accounts when using unsecure Wi-fi connections, like at coffee shops or the airport.
6. Never share your password. Regularly change your passwords, and avoid writing them down or saving them on your computer.

What's the Best Type of Protein for Your Health?

Most of us could use more protein in our diet. It can help with appetite control, while helping you drop fat, build muscle and possible even boosting your immune function.

Now, it's best to get your protein from whole foods, because then you'll also access other nutrients. But sometimes, your diet may not be delivering enough protein, in which case you may considering supplementing with a powder.

But how can you choose the best supplement for your needs? First, you'll have to choose between a plant and animal source. Next, think about the quality of the protein, looking for a supplement that contains, at a minimum. the four conditionally essential amino acids (your body can make these, but not always) and the nine essential amino acids (or EAAs, since your body can't make these, you have to get them from food.) If your diet is low in overall protein, consider an animal-based protein powder source, since plant sources are often low in EAAs.



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

Back From Vacation and Ready to Go!

This month I was able to take a little time for some R & R in Mexico. Ordinarily we travel with friends in January to see the former members of the Grateful Dead while they play on the beach at a resort in Mexico. Unfortunately, due to the COVID variant, the band decided to cancel.

That didn't stop us!

We booked at a different resort. We could have stayed at the original resort but there's nothing worse than looking at a sad, empty stage. We rolled the COVID dice and went for it.

What my wife and I ended up with was five days of relaxing in the sun. We had a chance to connect with one another and recharge.

It's always hard to return to the real world after time away. We're looking forward to future travel, hopefully without the pandemic messing with our plans!



It's Not too Late for a Breast Exam!

October is National Breast Cancer Awareness Month, but increasing awareness and education is a year-round pursuit. Women in the U.S. get breast cancer more than any other kind of cancer except for skin cancer, even though breast cancer awareness has become a standard part of health education. And breast cancer doesn't target a certain group of people—women and men of all ages are susceptible.

How can you protect yourself? Although breast cancer doesn't typically cause pain in its early stages, paying attention to your body can help with early detection. If you notice a change in how your breasts or nipples feel or look, see your doctor as soon as possible.

Additionally, as soon as you turn 20, start performing breast self-exams, and scheduling in-office breast exams every three years. By age 40, begin having a baseline mammogram and annual clinical breast exams. Then, at age 50 and older, have a mammogram every year. By remaining proactive, early detection—and recovery—is possible.

Should You Get a Lung Cancer Screening?

According to the CDC, you should only get screened for lung cancer if you smoke 20 packs a year or more, and smoke now or only quit within the past 15 years, and are between 50 and 80 years old.

That's because lung cancer screening does involve radiation exposure, so it's recommended only for adults who are at high risk for developing the disease. If you are thinking about getting screened, talk to your doctor. If lung cancer screening is right for you, your doctor can refer you to a high-quality screening facility.

Why You Need to Clean Your Washing Machine

Cleaning your washer helps it last longer and work better. Remember, water doesn't reach every part of your machine when you do a regular load. So you need to clean the drum regularly to avoid a scummy build-up. Here's what you'll need:

- White vinegar
- Baking soda
- Toothbrush
- Sponge

Now, start by running your washer on hot, adding a baking soda and water mix to your detergent dispenser, and pouring about three cups of white vinegar into the washer's drum. Let the machine run for a few minutes so the vinegar mixes with the baking soda, then turn off the machine and let everything sit and soak for about 30 minutes. Now, allow the cycle to finish and use a toothbrush and vinegar-soaked sponge to scrub inside the washing machine. Finally, run one more full cycle, with no additives, and hot water only. Afterwards, leave the washer door open to aid with drying and avoid mildew buildup.



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 that may benefit from this information.

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**