

JANUARY 2023

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



How Often Should You Replace Your Orthotics?

In our practice, we design custom orthotics for our patients from molds cast directly for their feet. By supporting your specific foot structure, they can correct biomechanical concerns, helping alleviate symptoms of plantar fasciitis, bursitis, tendonitis, foot and ankle pain and even diabetic foot ulcers.

For so many patients, these orthotics offer the kind of relief they'd only dreamed of. But the orthotics aren't curing your foot condition—they only work when you wear them. And when they're still in top working condition.



You see, over time, your orthotics can wear down, just like your shoes. For that reason, it's best to have us examine your orthotics each year so we can determine how they're wearing. (If your child has a pair of pediatric orthotics, we should check them every six months.) Generally, adult orthotics need to be replaced every three years, while pediatric orthotics should be replaced once your child has grown two shoe sizes. However, if the orthotics sustain damage, or your foot structure alters dramatically, we may need to replace them sooner. And that's why it's wise to bring your orthotics for a check-up whenever you visit our office!



We Now Carry Anodyne Diabetic Shoes

The next time you come see us in the office, you may notice a display about Anodyne shoes. These are diabetic shoes designed with comfort and style in mind to help you enjoy an active, healthy, and productive lifestyle. We've chosen to carry this collection of orthopedic shoes because they are made from the highest-quality materials with therapeutic designs that'll keep you feeling supported regardless of your activity level.

Plus, they are as stylish as they are practical, making it easy to wear them with any of your daily attire. As such, you'll never need to choose between your personal comfort and appearance ever again. Just ask us for more information, or help ordering your preferred style and size!

Tea vs Coffee: What's the Healthier Choice?

Both tea and coffee can boost your energy, and may offer additional health benefits. But,  while coffee contains more caffeine than tea, tea has other chemical compounds that boost attention and focus. Many teas contain an amino acid known as L-theanine. This amino acid helps to increase alertness, but delivers the energy more smoothly than coffee. This means you get an extra boost without the blood sugar spikes and dips you experience when you drink coffee. In other words, if you're craving a caffeine fix, consider reaching for a steaming cup of tea instead of java.



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



We're Back from Israel!

We're finally back from our trip to Israel. What a trip it was. Of course, we celebrated Hannah and Ariel's wedding, which was an amazing experience. The celebration continued throughout the week as dinners were hosted for them around the country.

We also had an opportunity to tour Israel. It was Jonah's first trip to Israel and the first time I was in Israel with my wife Mirit and my parents. We had a fantastic time touring and eating our way through the country.

Thank you for your understanding when trying to schedule an appointment with us. Things should be getting back to normal very soon!





ER vs Urgent Care: What's the Difference?

While both medical centers can provide medical care outside of office hours, these are two very different institutions. Hospital emergency



departments provide medical care at any time, day or night; they can handle the most complex or critical needs, including life-limb-threatening situations.

In contrast, urgent care centers can provide medical attention if you're sick or injured at a time when your regular doctor is unavailable. Visit one if you're filling a need you'd feel comfortable addressing at your regular doctor's office, but not if the medical need is more serious.

About Those Uggs

This is the time of year when Houstonians who own UGGs like to bust them out of the closet. But it's important to do so cautiously. You see, UGGs have no laces, straps, or even a real shape. And that means your feet and toes have to clench every time you take a step. Also, their flat base offers no arch support, which can quickly add up to foot and heel pain. Want an easy solution? Since these are shoes we don't wear too often here in Texas, when you do want to wear slouchy boots, just slip in your orthotic insert. (Even an over-the-counter one can help if you don't wear these boots all day.) With the extra support, your shoes will fit better and your feet will be less likely to experience discomfort.



Embracing Humidity at Home

During January, we rarely have to worry about humidity outdoors here in Houston. But inside our homes, it's important to carefully consider—and control—humidity levels. Remember, humidity is a measure of the amount of water



in the air around you. And while everyone's humidity tolerance is different, there are some absolute guidelines to follow. Basically, research suggests your home's humidity levels should be between 40%-60%. This is an optimal range to prevent your skin from drying out. Still, to safely avoid encouraging mold growth, you should really keep those levels below 50%. And remember, as the weather shifts, the humidity will too. So keep a close eye on your indoor monitors for maximum comfort and safety. And if your temperature control system doesn't account for humidity, something as simple as a portable humidifier can help keep your home at optimal levels.

From the Desk of Dr. Andrew Schneider



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