

JULY 2023

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Got Sweaty Feet and Odor Issues?*

Feet perspire...some people's more than others. Especially in the heat and humidity that characterizes our July climate in Houston, even a person who doesn't usually perspire may start to suffer from sweaty feet. Soon enough, sweating feet will cause a perfect environment to harbor fungus. After all, fungus thrives in a warm, moist, dark shoe and waits for an opportunity to infect the skin or toenails.

Now, the more your foot perspires, the more moisture accumulates in your shoes. And that increases the potential for fungal growth and infection. Luckily, we can control foot perspiration in many cases; even if you have fungal infections of the skin, we can treat your infections, improving the feel, appearance and smell of your feet and nails.

But even after we treat your feet, we have to remember to tackle what's living in your shoes. Sadly, your shoes can also harbor fungus. So they'll need to be treated as well. Luckily, we can easily accomplish this task with an antifungal spray, such as Tolcycen shoe spray. And, while you're at it, ask us about the other Tolcycen products we carry in the office. From micro-cleansing and therapeutic foot soaks to anti-fungal skin creams and even a Tolcycen nail renewal solution, this suite of products has everything you need to transform stinky, sweaty feet into gorgeous, healthy ones!

## Looking Ahead: Tips for Back-to-School Shoe Shopping

Back-to-school will be here before you know it! Here are 6 key rules to getting your kids the best fitting shoes possible.

1. Never use hand-me-down shoes or used shoes.
2. Always test the shoe to make sure it is supportive, looking for a stiff heel and bend in the toes.
3. Shop for shoes with your child, so their feet get properly measured.
4. Shop for shoes later in the day, since feet swell as the day goes on.
5. Shoes should be comfortable right away.
6. Make sure shoes are appropriate for your child's activities—that may mean buying separate school and athletic shoes.



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

## Observing UV Safety Month

July is Ultraviolet Safety Month. During this time, we try to spread awareness about the importance of protecting your eyes and skin from the side effects of UV rays, since overexposure to UV light can cause cancers in your eyes, lips, and skin, as well as premature aging and even a weakened immune system. Want to stay safe? Minimize your risk of sun exposure and, any time you are in direct sunlight, protect yourself with sunscreen that blocks UVA and UVB rays.



# *Our (Partial) Escape from a Very Hot Houston Summer*

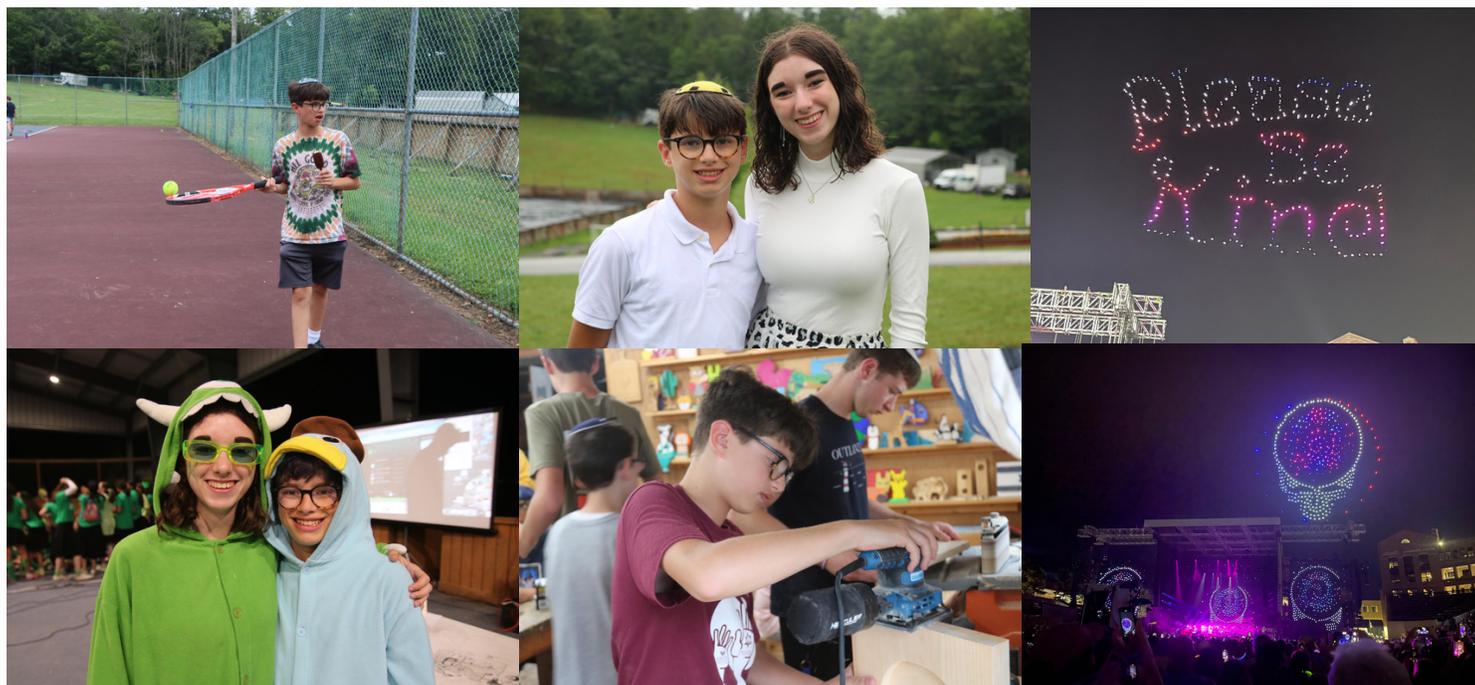
The first month of the summer can only mean one thing...CAMP!!! Yes that glorious month where we send our beloved children to their happy place, transforming us as parents to a small taste of empty nesting. I love my kids. I love when they come home after camp. But I really enjoy the time with just my wife and I.

Like I said, my kids love camp. I think the other 11 months are there as placeholders until they're able to go back to camp. Daniella is a counselor for girls going into 5th grade. Jonah is in one of the older boys bunks. They go to camp in Pennsylvania, so even if the days get hot, the nights really cool off.

While they were enjoying their time in the northeast, Mirit and I made a couple of trips of our own. We spent the weekend before July 4 in Colorado. We did some touring and saw some great friends. We also saw Dead and Co. (the most recent iteration of the Grateful Dead) three nights at the historic Folsom Field on the University of Colorado campus. They even had an amazing drone show while the band was playing.

After a week back home, off we went to San Francisco. I was warned by many of my patients that the city has seen better days. That is an understatement! It's truly disheartening to see what one of my favorite cities has become. What wasn't ruined, however was another 3 night watching Dead and Company. It's the final tour for the band, so we wanted to catch all we could. It was beautiful watching the band and, right behind them, San Francisco Bay. I hope they find a way to bring the city back!

**More summer adventures await. I'll save that for next month!**



## *Protecting Your Vision in the Summer*

Your skin isn't the only thing that faces added summer time risks. During the season of scalding sun, our eyes also need extra protection. Make sure to wear shades with 100% UV protection. Keep your eyes moisturized, using artificial tears if necessary. When swimming, protect your eyes with goggles, making sure to gently rinse them with fresh water after getting out of the pool or ocean. Finally, while using sunscreen to protect your skin is crucial, make sure to keep creams and sprays well out of your eyes. And, if some sunscreen gets into your eyes, immediately flush them with clean, fresh water to avoid irritation and damage.



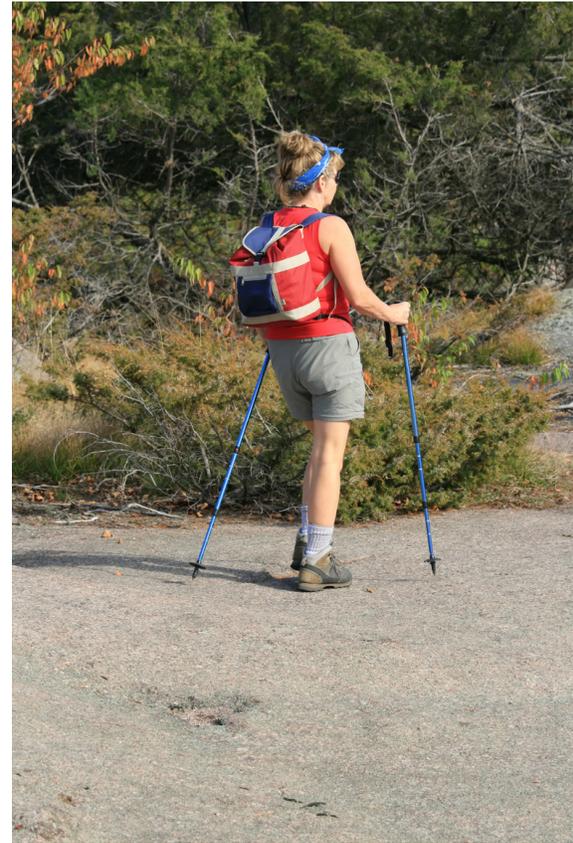
## *Staying Visible When Walking at Night*



When the summer days are scorching, it's a great idea to move your daily walk to the hours after sunset. But, when walking in the dark, it's very important to stay visible to drivers. First, invest in reflective, lightweight clothing. Bring your own illumination in the form of a light-weight flashlight. And choose a familiar, well-lit route with sidewalks or walking trails, since walking in the street is a major no-no after dark.

## *Do You Need a Hiking Pole?*

Trekking poles are not a strictly necessary piece of gear, but many choose to take them on their hikes because they provide a lot of benefits. Poles take a lot of strain off your joints while you hike and can help you maintain balance through various types of tricky terrain. So, if you've experienced regular joint pain, or if you're planning a journey through rough terrain, go ahead and pick out a pole. Otherwise, just lace up some supportive shoes—preferably hiking boots—, grab some water, and you're ready to hit the trails.



### *From the Desk of Dr. Andrew Schneider*



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