

JULY 2021

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## When to Consider Fat Pad Restoration

If you always feel like you're walking on rocks, you may have Fat Pad Atrophy. This is a condition in which your natural cushioning has worn away on the bottom of your foot, so that you're got very little support between the ground and your metatarsal bones.

Fat pad atrophy can be the result of normal wear and tear as you age.

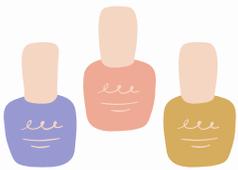
Signs of atrophy include:

- Deep calluses or corns on the tops of the bones in the ball of your foot
- Pain when barefoot, that disappears when you wear cushioned shoes

Fortunately, a treatment called Leneva can successfully restore your natural fat pad. Derived from sterilized human fat, Leneva is basically a graft that directly cushions the area where your natural support has worn away. Plus, the treatment helps your body regenerate its own new tissue. So that, within 12 weeks of your initial treatment, your body will be producing and depositing new fat tissue, meaning you won't keep coming back for repeat injections.

If you're interested in Leneva treatment, call our office. We'll get you scheduled for an in-office x-ray to examine your bone structure. Once we know you're a good candidate, I'll get you numbed and inject the Leneva graft into the atrophied spot on your foot. After your procedure, we'll protect the graft with padding. And, very soon, you'll be back to your normal activities...they'll just feel much more comfortable!

## Choosing the Right Nail Polish for Your Feet



July is officially the height of pedicure season, but traditional polishes can damage

your toenails! Full of toxic chemicals, they can leave you with yellow, brittle or otherwise damaged nails. That's why, in our office, we offer a better nail polish solution:

Dr's Remedy Enriched Nail Polish.

This revolutionary polish comes in so many gorgeous colors, but it doesn't contain the harmful toxins found in most other brands. Even better? Dr's Remedy is enriched with natural antifungals as well as Vitamins C and E. These natural additives nourish your nails so that, when you go polish-free, your nail will appear healthier and be less likely to break.

## Let's Celebrate National Immunization Awareness Month

August is right around the corner, and with it comes National Immunization Awareness Month. With this pandemic, we've all seen the power of immunizations to prevent disease and allow us to live our lives without fear of illness.

This coming month, we hope you'll take the time to learn about vaccine's safety and efficacy.

Remember, with vaccines, you have the power to protect yourself against serious diseases like shingles, pneumonia, the flu, and COVID-19. Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles. Be sure to ask your healthcare provider about vaccines you may need for your age, health conditions, job, or lifestyle.



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

## Keeping Up with the Schneider's

This has been an eventful summer for the Schneider family. Three of the family members were in Israel at the same time, each doing different things. Ariel, who I've mentioned before has moved to Israel, has completed his basic training and now moves to advanced training. Personally, I'd like his entire service to just be training.

Dr. Schneider's wife, Mirit, had an opportunity to travel to Israel with a group called Momentum. Her group was exclusively moms of lone soldiers. Of course, as part of the trip, she got to spend a weekend with Ariel. Even better, she was able to spend the following weekend with him as well. I'm happy to report, she had no trouble leaving Israel and spent no time in a Covid hotel.

Daniella also went to Israel for the very first time. She went with a group from her youth group for a five-week trip. During her free weekend, she was also able to spend it with Ariel. She's having an absolute blast!

Finally, Jonah was happy to return to camp in Pennsylvania. After missing last year, he was beyond excited to get to camp this year. He's back home, but with a summer of fantastic memories and a really good tan.



## Dangers of Snoring

Occasional snoring is normal, but chronic snoring could be a sign of obstructive sleep apnea (OSA). If you snore and have any of these additional symptoms, you should speak to your provider right away:

- Witnessed breathing pauses during sleep
- Excessive daytime sleepiness
- Difficulty concentrating
- Morning headaches
- Sore throat upon awakening
- Restless sleep
- Gasping or choking at night
- High blood pressure
- Chest pain at night

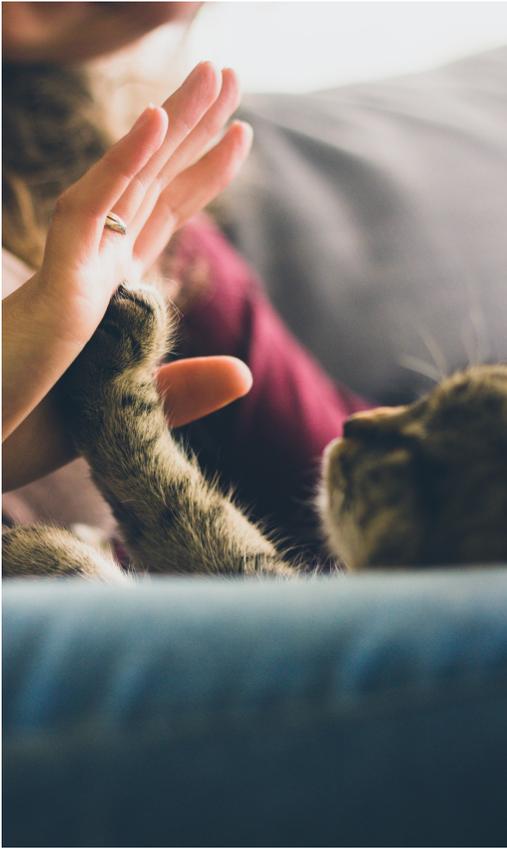


## How to Pick Your New Running Shoes

If you're wearing badly fitted or worn-out shoes, you're increasing your risk for plantar fasciitis and Achilles tendonitis. That's why we want you to regularly replace your sneakers, following these rules to find the perfectly-fitting new pair:

1. Learn your running style. 94% of runners strike the ground with their heel, so you'll likely need a pair with plenty of rear padding. If you aren't sure where your foot strikes first, come in for a gait analysis, so we can advise you on your best sneaker choice.
2. Measure up. Your sneakers should not feel too snug or too loose. A general guideline to follow is leaving yourself half-an-inch of space between your big toe and the end of your shoe.
3. Know when to replace. Your shoes have a shelf-life of about 400 miles. You can start tracking your miles with a running app right when you buy your new pair, so you'll know exactly when to start shopping again.

## Protect Your Pet's Paw Pads



We all know that walking barefoot on hot sand or concrete can really hurt your feet. But did you know you should also worry about your pets' paws when the weather heats up?

It's true: walking on hot asphalt, gravel and pavement can burn your dog's paw pads. To protect your pet, place your hand on the ground before going for a walk. If you can't comfortably hold your hand in place for 10 seconds, it's too hot for your dog's paws.

Even if it's ok to walk outdoors, you can take extra measures to protect your dog. Try to avoid walking during the hottest hours of the day, heading out in the morning, before the pavement heats up, or after sunset, so the ground can cool down. You can also try to walk on the grass or wooded surfaces instead of on concrete.

## From the desk of Dr. Andrew Schneider



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