

JULY 2022

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



Understanding Foot Surgery

In our practice, foot surgery is always a treatment of last resort. It will only be our recommendation after we've unsuccessfully tried more conservative treatment methods. We can usually avoid surgery, especially now that we offer several forms of regenerative medicine.



But there are still times when it will become clear fairly early on during treatment that surgery is your best option.

When will that be the case? If your foot condition makes it very difficult or impossible to wear a shoe, we'll likely recommend prompt surgery. This is especially true with large bunions! Especially when you come into the office after they've already grown past the profile of your typical shoes.

Now, no one wants to go in for surgery. But if that's your treatment recommendation, it's important that you don't let the fear of surgery stop you from pursuing lasting pain relief. And remember, in most cases, we'll have plenty of treatment options that will effectively relieve your pain long before surgery ever enters the conversation.



When to Seek Poison Control Help

It's important to call poison control after a Poison Exposure. But what does that really mean? A poison exposure refers to an incident where someone swallows or comes in contact with a potentially poisonous substance. Contact could mean splashing in the eyes or on the skin, breathing in, or injecting the substance.

If you've had a poison exposure, you have two options: Use the webPOISONCONTROL® online tool to get specific recommendations based on your age, the substance to which you were exposed, and the amount of contact or call Poison Control at 1-800-222-1222 for expert guidance.




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

Identifying Poisonous Plants

To avoid exposure to poisonous plants, you need to know what they look like throughout the seasons and tell them apart from not poisonous lookalikes. The three most common poison plants are: Easter poison Ivy which has a hairy, rope-like vine with three shiny green leaves budding from one small stem. The leaves may be red in the fall. (Western poison ivy is typically a low shrub with three leaves, not attached to a climbing vine. It may have yellow or green flowers and white to green-yellow berries.)

Poison oak is typically, a shrub with leaves of three, but pacific poison oak may be vine-like with yellow or green flowers and green-yellow or white berry clusters.

Finally, poison sumac is a woody shrub whose stems have 7–13 leaves arranged in pairs. It may have glossy, pale yellow, or cream-colored berries.



Everyone's Coming Home...Slowly

The scattered Schneiders are slowly making their way back to Houston. Well, except Ariel who is back in Israel, which is home for him now. He did spend time with my wife Mirit when she was in Israel.

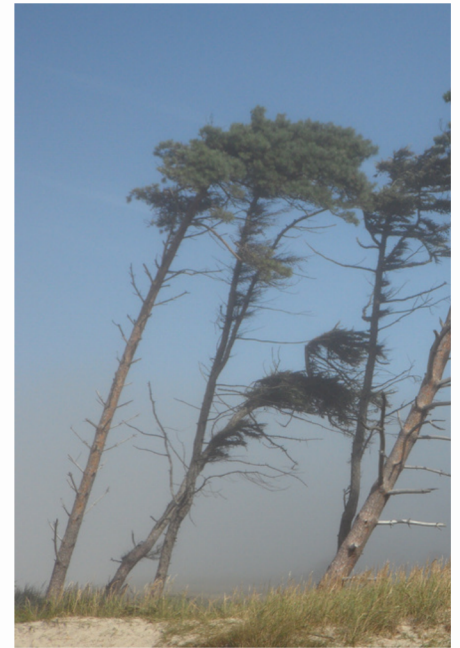
Jonah and Daniella spent this past month at camp in Honesdale, PA. Daniella is a counselor and will be there for another month. Jonah came home yesterday! We were all so happy to see him, especially Juju.

Can't wait for Daniella to come home in another month!



Staying Safe in Windy Weather

While high winds are commonly associated with severe thunderstorms and hurricanes, they may also develop when there are differences in air pressures passing through. A high wind warning is issued when sustained winds of 40 mph or greater or gusts up to 58 mph or greater are expected. To prepare for high winds, secure your property by removing any dead trees or overhanging branches near structures, as well as loose roofing materials and objects in yards, patios, roofs, or balconies that could blow away. Then, tune in to local weather forecasts and National Weather Service bulletins for further instructions.



Beating Chapped Lips for Good



If you want to prevent chapped lips, follow these four simple rules:

1. Protect your lips. Before going out for the day, apply a lubricating lip cream or balm that contains sunscreen. Reapply often while outdoors.
2. Avoid licking your lips. Saliva evaporates quickly, leaving your lips drier than before.
3. Stay hydrated. Drink plenty of fluids, and moisten the air in your home with a humidifier.
4. Breathe through your nose. Breathing through your mouth can dry out your lips.



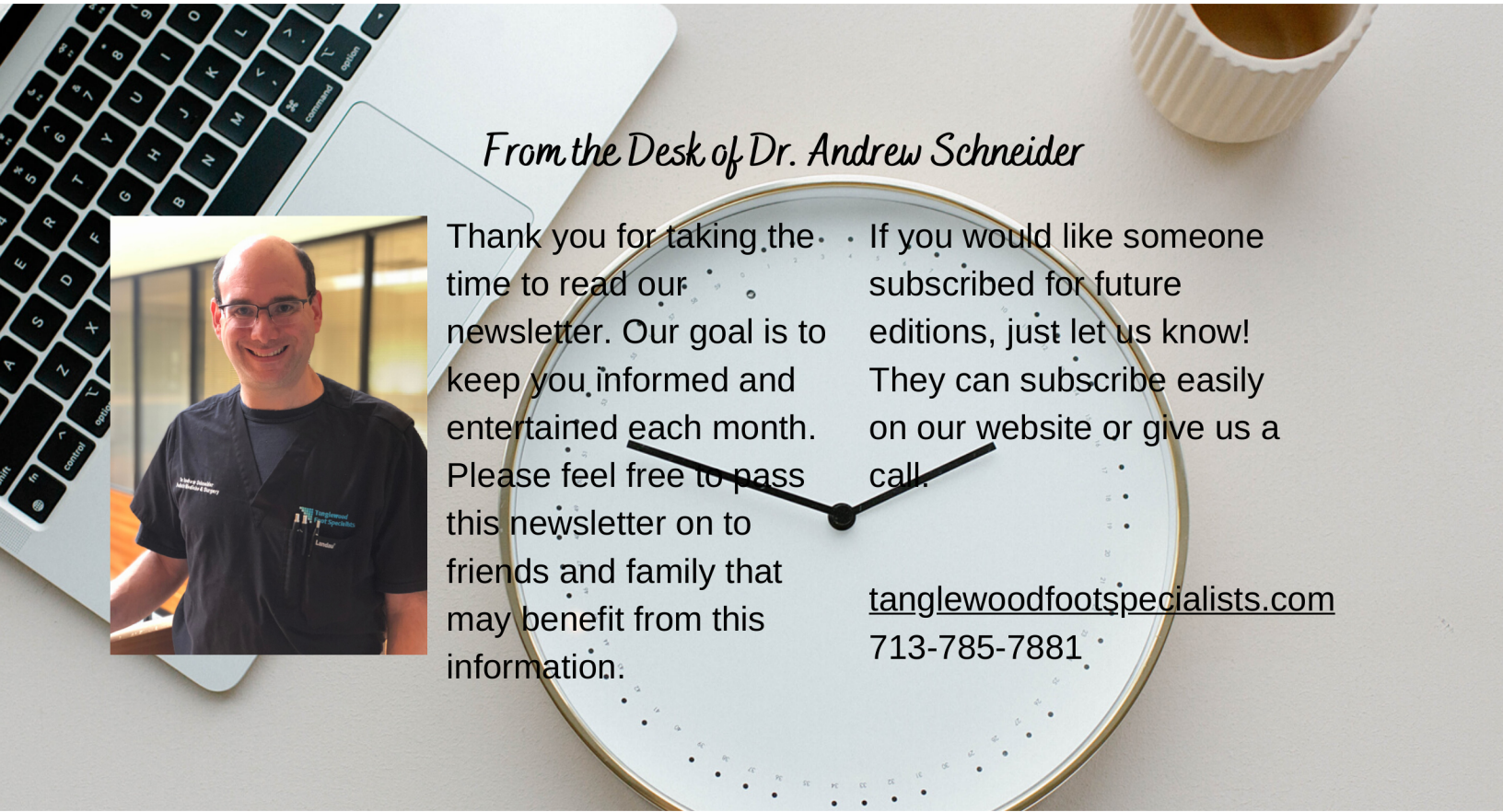


When to Worry about Snoring

If you snore once in a while, that usually isn't a serious problem. It's mostly a nuisance for your bed partner. But if you're a long-term snorer, you not only disrupt the sleep patterns of those close to you, you hurt your own sleep quality.



Also, snoring can be a symptom of obstructive sleep apnea. So talk to your doctor if you're overly sleepy during the day, if you snore often or very loudly, or if your partner notices that you sometimes stop breathing altogether during the night. Any of these symptoms suggest that you might need medical attention for your snoring.



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