



Do You Have Bone Spurs?

Did you just notice a lump or bump on your foot that you know wasn't there yesterday? Are you finding that shoes are causing too much pain to wear? It is possible that you are suffering from a bone spur. While some spurs can cause a noticeable lump on your foot, others are not obvious, other than the pain they cause.



Bone is a living tissue and has the potential to change over time. Many of these changes are erosions due to arthritis, however some are extra, abnormal growth of bone called bone spurs. Bone spurs commonly occur around the small joints of the toes, which causes increased pressure between the toes and cause soft corns to form.

Another common area for bone spur growth is the top of the foot, especially over the great toe joint. This results from repetitive stress to the joint caused by years of walking. Pressure from the bone spur, also called a dorsal bunion, causes the surrounding soft tissue to inflame when it contacts the shoes.

Heel spurs are bone spurs on the bottom or back of the heel bone. They form due to pressure from the attached tendon or ligament as they pull on the heel. Although commonly present in other syndromes such as plantar fasciitis or Achilles tendonitis, they are usually not the primary cause of the pain. Only in cases of unrelenting pain do these spurs have to be removed.

Treatment for bone spurs includes padding, change in shoe gear, injection therapy, and custom orthotics. In cases, where more conservative therapy does not alleviate the pain, surgical removal of the bone spurs would then be an option.

What Kind of headache do you have?

Last month we marked national headache awareness week. Since so many of you deal with frequent headaches, it's important to identify the type of pain you're experiencing. That way, you can choose the appropriate treatment options. Although all headaches hurt, the type of hurt you experience can actually help you identify the class of problem you're experiencing.



The most common type of headache is **tension headache**, also known as tension-type headache, is the most common form of headache. Its pain can feel like a tight band of pressure around your head.

Migraine headaches, in contrast, often come with throbbing pain, nausea and other symptoms. Physical exertion or even exposure to light can make your pain worse.

Other types of headaches, though much less common, include: **cluster headache** (severe pain, often limited to one side of your head, that keeps coming back over a few weeks), **dehydration headache** (when your body lacks enough fluid, your brain may temporarily contract, causing the brain to pull away from the skull and leaving you with pain) **infection-related headache** (typically near the front of your forehead, often throbbing, and likely caused by built-up sinus pressure.) Still, if you aren't ill, the two most common headaches are tension and migraine.

When dealing with migraines, there are two sub-types: **migraine with aura** and **migraine without aura**. Aura describes the neurological symptoms like blurred vision, numbness, tingling, or even difficulty speaking which may appear just before your migraine begins.

Other symptoms of a migraine headache include:

- Nausea or vomiting
- Sensitivity to light, sound, or smells
- Worsening of the headache with slight physical exertion

Symptoms of tension headaches include:

- Tenderness in your head, neck, and shoulder muscles.
- Pain isn't made worse by movement
- No sensitivity to light is present

With tension headaches, prescription medication with a mixture of acetaminophen and caffeine will help relieve the pressure. Depending on the frequency of your migraine headaches, your doctor may keep you on a daily medication regiment, or you may be able to simply treat the pain as it comes. Either way, it's important to know the type of headache you are dealing with so you can properly discuss treatment options with your physician.

The Secret Recipe for Sweet Smelling Shoes

Summer rocks—but warmer temps and more outdoor activities can take a toll on the odor of your shoes. Want to banish stinky shoes for good? First, make sure to wear sweat-wicking socks every time you slip on your shoes to keep sweat from soaking in and creating odor. Next, try to switch shoes and only wear one pair every other-day. This will allow fresh air to carry off any brewing odors. Finally, remember that fungus smells funny. Treat any fungal infection of your foot or nail, and make sure to treat your shoes at the same time so that they don't stink—or re-infect your feet. And, when all else fails, it's never a bad idea to buy a cute new pair of summer sandals (as long as they come with podiatrist-approved arch and heel support!)



The Product You Need This Summer: Dr. Remedy's Nail Polish

Summer is the season for pretty pedicures...but many nail polish brands are full of toxic chemicals that can permanently damage your nail bed. That's why, in our practice, we sell Dr. Remedy's polish.

With its proprietary blend of biotin, tea-tree oil, anti-fungal garlic bulb extract, lavender, wheat protein and antioxidant vitamins, this product delivers lustrous, lasting color while also making your nails healthier. The polish can help prevent dryness, discoloration and nail fungus.

So before your next trip to the salon, stop by our office and pick up your favorite color. Don't see the shade you want? We'll be happy to order the exact color of your choosing. After all, when your nails look better (and healthier) so do we!

The Schneider's Summer 2019 Fun



What a fun summer so far! Summer camps, Mickey Mouse & exciting adventures for The Schneider Family! We hope you all are enjoying a fun filled summer as well!

4 Ways to Boost Your Health this Summer

Schools out, camp (and casual Friday's) are back in session. Why not take this more relaxed time to really focus on your health? Here are some easy moves you can make right now to get you started on the path to improved wellness:

- 1. Guzzle Summer Berries** - Blackberries, blueberries and strawberries are all in season right now. That means great prices and prime sweetness—along with a ton of antioxidants—are ready and waiting for you to snack on! Bonus: not only do these delicious snacks help fight aging and tissue damage, they're also full of fiber to keep you regular, tamp down cholesterol and even give you some cancer-fighting assistance!
- 2. Exercise outside** - Pick one outdoor activity – swimming, riding a bike, or walking the neighborhood with a friend—to help change up your boring (or non-existent) exercise routine from the past few months. Heading outside is a great way to make exercise more fun, to boost your mood and to score some Vitamin D. Just be sure to grab the sunscreen!
- 3. Be Shady** - While you're slathering up your skin, remember your eyes need protecting too. Look for sunglasses meant to block ultraviolet A and B rays. Not only do they look cool, they can help prevent cataracts and other damage to your vision—not to mention the wrinkles that form every time you squint!
- 4. Take off** - Whether it's a day, a week, or a month, travel or stay-cation this summer. This kind of break is crucial for fighting stress hormones like cortisol, lowering your blood pressure, and reducing your risk of illness!

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Here's Why Immunizations are Crucial

In case you haven't realized this yet, our country is facing a completely preventable crisis. Each month, children and adults in almost every state are contracting measles a potentially fatal (yet preventable) disease.

Not that long ago, measles had basically been eradicated from our population. So why are we, once again, dealing with this kind of outbreak?

The answer is simple: more and more people are opting out of immunizations, quite often because of unfounded fears or exposure to misinformation.

So, with August, National Immunization Awareness Month, just ahead of us, let me tell you this: immunizations are safe. They do not cause autism. They DO prevent deadly diseases and, when the majority of our population is vaccinated, they protect individuals who are too young or too ill to get vaccinated for themselves.

This coming month (and every one that follows) I urge you to make sure you and your children stay up to date on recommended vaccinations. It is our single best defense against preventable, communicable diseases!

Sudoku

4			2			1	8	6
			1			9		5
				6		7		3
					8		7	1
			7	1		6	3	
1		7	3					
	5					3		7
					7			
				2				

June's Answers

8	4	2	7	1	6	5	9	3
6	1	9	5	8	3	2	4	7
3	7	5	2	4	9	8	1	6
5	8	3	6	7	1	9	2	4
1	6	7	9	2	4	3	5	8
9	2	4	3	5	8	6	7	1
2	5	6	4	3	7	1	8	9
4	3	8	1	9	5	7	6	2
7	9	1	8	6	2	4	3	5

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our July 2019 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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