

JULY 2025

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



HEALTHY FOOT HABITS TO START THIS SUMMER

While the summer is a time to relax and take a break from your regular routine, it's also a great time to start implementing these healthy foot care habits into your day:

1. Daily foot cleaning. Proper hygiene is key to preventing problems like athlete's foot, and summer is a great time to start washing your feet daily—after all, this is the time of year when they're most likely to get sweaty, sandy and dirty. If you want to really level up your self-care game, you can also start using the Tolcylen™ Daily Micro-Cleansing Foot Soak. Available in the office, this soothing foot soak contains moisturizers, cleansers, and conditioners in a relaxing salt base that will leave your feet feeling soft and rejuvenated. With regular use, you can enjoy clean, healthy-looking feet every day.

2. Rotating your shoes. In an ideal world, you'd give your shoes a full 24-hours to dry between wearings. The summer is a great time to start this habit, since your shoes are likely to get sweaty and damp when you head out in the heat. And, if you want to really protect your feet, you'll give the shoes a spritz of Tolcylen™ Antimicrobial Shoe Spray, combining colloidal silver and undecylenic acid to eliminate foot odor and prevent fungal growth. Its antibacterial, antifungal, and sporicidal properties mean you can trust it to keep your shoes microbe-free for an extended period. Plus, with active silver ions that can penetrate leather and insoles, you can rest assured that even the deepest, darkest corners of your footwear are clean and fresh.

3. Staying under cover. Even at home, going barefoot is never a good idea. But let's make this summer the season when you get really careful about always wearing shoes, since some of our favorite destinations like the beach and pool can pose big hazards to your foot health if you explore them without shoes, slides or sandals.

RECOMMENDED READING FOR SUMMER

Need some great beach reads for the season? Check out our suggestions for summer—fun fact, they all have feet on the cover!!

- Barefoot, by Elin Hilderbrand
- In Her Shoes, by Jennifer Weiner
- Someone Like You, by Sarah Dessen
- Babyville, by Jane Green
- The Distance Between Us, by Kasie West



PLAN YOUR STAYCATION

Think you need to get out of town to have a great summer? Think again: there are so many fun activities to try right here in Houston. These are just a few of our faves:

Space Center Houston

Guess what? Space Center Houston is not just for tourists, and this summer is a great time to check it out again or visit for the first time. In addition to all the amazing out-of-this-world exhibits, you could even sign up for the Family Overnight program on Saturday, August 30, when you get to camp out under a flown Falcon 9 rocket or inside Independence Plaza beneath a NASA shuttle carrier and replica orbiter.

Downtown Aquarium

Beat the heat at The Houston Downtown Aquarium, home to more than 200 aquatic species, the Shark Voyage train ride, and hosting live music and free salsa lessons every Friday until August 15.

Kemah Boardwalk

If you're willing to head just outside of Houston, you can hit the boardwalk for traditional summer fun, with free live music every Thursday night and a not-to-be-missed End of Summer Fireworks display on August 31.

THE SCHNEIDER KIDS ARE HAVING THE SUMMER OF THEIR LIVES

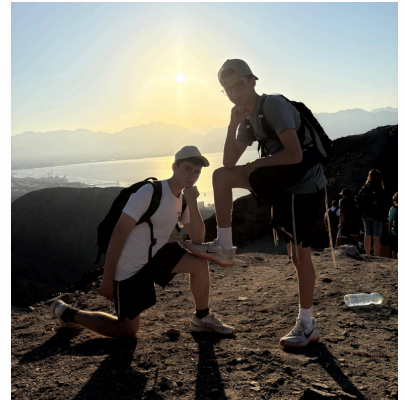
This is a busy and very productive summer for Dr. Schneider's kids. They're all scattered around and doing amazing things.

Our youngest, Jonah, is spending the summer with his youth group in Israel. He's touring the country, the safe parts at least, and having a great experience. One highlight was last weekend where he was able to spend the weekend with his siblings, Ariel and Hannah.

Ariel and Hannah had the opportunity to travel north for a getaway, where they relaxed but also did fun things like ride horses and jeeps. They also had a great time participating in a chocolate-making experience.

Daniella is entering her third year at Drexel University. This summer she is interning at a production company in Hollywood. She's on the Universal Studios lot and has had an invaluable experience. She's been able to sit in on meetings of all sorts and has made incredible connections. She's taking advantage of every opportunity.

Just a reminder that my wife, Mirit, and I will be travelling from July 30 to August 15. During that time, Yessica and Edith will be in the office. I apologize in advance for the delays you will encounter when trying to schedule an appointment.



MAKE SUMMER ALLERGIES LESS TROUBLESOME

If you want to think more about summer fun and less about summer allergies this year, try these helpful tips:



1. Wear clothing made of natural fibers such as cotton, since synthetic fibers can attract pollen to your body.
2. Work out indoors. While there's plenty of benefits associated with outdoor exercise, spending long periods outdoors, especially when your breath is coming faster, can trigger worse allergy symptoms. Instead, consider an indoor workout.
3. Shower before getting into bed each night, to wash off any allergens that stick to you and make sure your bed is a safe space for happy breathing.

LET'S CELEBRATE NATIONAL IMMUNIZATION AWARENESS MONTH

August marks National Immunization Awareness Month, something that's more important than ever in this time of vaccine hesitancy. 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 measles. Vaccines aren't just for kids: adults may need them too. Be sure to ask your healthcare provider about vaccines you may need for your age, health conditions, job, or lifestyle.



DON'T FORGET FIDO'S FEET

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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