

JULY 2026

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



IMPORTANT HEALTH ALERT: SKIN CANCER CAN AFFECT YOUR FEET

During the long, hot Houston summer, our feet are frequently on display. And that's why now is the perfect time to start checking them for skin cancer. Now, skin cancer on your feet is more commonly the result of a virus than due to exposure to the sun (especially when it manifests on the bottom of your feet.) So, while summer is a great time to start doing your home skin cancer exam, it's something you can continue throughout the year. Look for these warning signs:

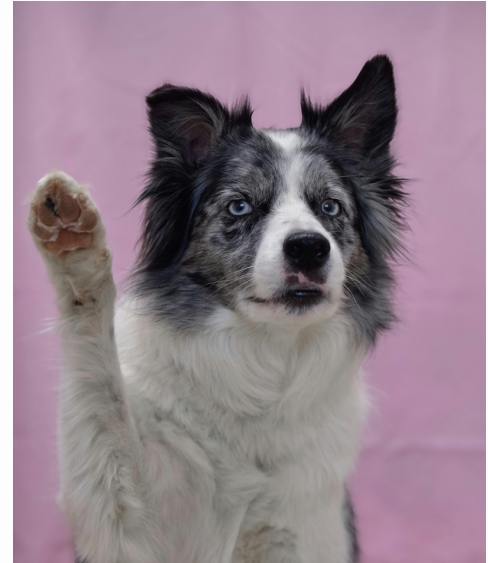
- Feet that keep cracking, itching or bleeding
- Non-healing sores, bumps that crack and/or bleed, nodules with rolled edges or scaly areas
- Pearly white bumps and or oozy patches that get crusty
- Small, scaly bumps (possibly appearing to be inflamed) that are painless but itchy

If you notice any of these cancer warning signs on your feet, request an immediate appointment in the office. The only way to confirm whether or not an unusual patch of skin on your foot is cancerous is to us perform a skin biopsy, a simple procedure in which we obtain a small sample of skin and send it to a lab for a skin pathologist to examine. If the biopsy determines you have skin cancer, we will help you determine your next course of action. Each year, about 2 million Americans are diagnosed with non-melanoma skin cancers. The best hope for positive outcomes after a diagnosis is early detection and treatment.

PROTECT YOUR PETS' 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.

10 BEACH ESSENTIALS TO PACK EVERY TIME



Heading to the beach this summer to escape this brutal heat?

Here's a quick packing list to keep you happy, healthy and pain-free, from top to toes:

- 1.Sunscreen (reapply throughout the day, never forgetting your feet.)
- 2.Supportive sneakers or sandals, for walking the boardwalk or trekking from the parking lot to the shore
- 3.Flip-flops or water shoes, for walking through the sand and surf, and for post-beach showering in common locker rooms
- 4.Beach blanket or chairs
- 5.Umbrella, to protect you from the sun and keep you cooler, reducing your risk for swollen feet
- 6.Drink cooler and plenty of beverages, to keep you hydrated all day long
- 7.Sun hat
- 8.Sunglasses
- 9.Easy, nourishing snacks such as trail mix or dried fruit

JULY IS NATIONAL COOKOUT MONTH: LET'S CELEBRATE

Summer is the season of cookouts, and if you've been invited to one, here's an easy side dish recipe that you can contribute. It's fresh and tasty, and it's safe for everyone to enjoy, including your diabetic guests:

Cauliflower "Potato" Salad

Ingredients:

- 1 head cauliflower (cut into bite-sized florets)
- 1/4 cup plain Greek yogurt
- 1 tbsp Dijon mustard 1/3 cup chopped celery
- 1/4 cup diced red onion
- 2 chopped hard-boiled eggs



Directions:

1. Steam the cauliflower florets until fork-tender (about 5 minutes), drain well, and let cool.
2. In a large bowl, mix the Greek yogurt, mustard, celery, onion, and eggs.

CHECK OUT OUR SUMMER SANDAL GUIDE

Right now, clogs of all kinds are trending in the fashion world, and we're ok with you following this trend. Why is that the case? If worn as a sandal, this shoe style is certainly a better choice than flimsy, unsupportive flip-flops. After all, we love that it has a thicker sole to provide more arch support and shock absorption. However, many clogs are backless, so your feet could slide around in the shoes. That could leave your feet and toes gripping to keep your foot in place; overtime, that gripping could lead to foot pain or deformities. So, to rock this trend without the discomfort, look for pairs with straps on the back to keep the shoe in place for more comfortable wearing.



WHY SNORING IS MORE THAN JUST ANNOYING

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



FROM THE DESK OF DR. ANDREW SCHNEIDER

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