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THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



EASE YOUR ACHING FEET WITH THE PLANT-POWER OF CBD AND CBG!

Boy are we excited to tell you about a new Tolcylen foot product available in the office: a transdermal cream that blends CBD and CBG (two potentially therapeutic hemp plant extracts) to create a product that penetrates through the surface of your skin to target inflammation at its source.

Now, some patients get nervous when they hear the word hemp extract. But you don't have to worry about getting high or failing a drug test if you use this CBD/CBG blend, because the experts at Tolcylen submit their cream to rigorous third-party lab testing, ensuring that it's 100% THC-free!

So, if you won't get high from using this foot cream, what kind of results can you expect? While the product is not FDA-approved, users report that the fast-absorbing cream helps ease muscle aches and soreness to get your tired feet back in fighting shape for the next day. Sounds promising, right? Well, ask us about our CBD and CBG products the next time you come into the office, and you can see for yourself how plant power can support your overall foot health!

WHAT TO DO IF YOU'RE FEELING THE BURN

Since summer is the unofficial season of the sunburn, we want to help you understand that this type of injury could be severe. In fact, there are three categories of burns you may suffer: first, second, and third-degree. Each describes an increasingly severe level of skin damage: first is the most mild, while third is the most serious injury.



Sunburns and other first-degree burns typically leave you with red, non-blistered skin; moving into second degree burn territory, you may develop blisters or thickening of the skin. Finally, if you have a third-degree burn, large portions of your skin will thicken, and may appear white or leathery. Rarely, your burn injury may be so severe that it is classified as fourth-degree, meaning damage has reached your bones and tendons.

Now, why are these classifications so important? Because they determine treatment: suffer a first-degree burn, and you should be able to find relief at home. But anything more serious should be seen by a healthcare provider, and may necessitate emergency medical care.

HOLD THE CUTICLES, PLEASE



When patients ask us about the safety of pedicures, we always tell them not to allow technicians to remove their cuticles. Why is that the case? Well, cuticles—the rounded, bottom part of your toenails that meets your skin—are actually important. They protect your nail bed from germs, fungus and bacteria. As such, if you remove them during your pedicure, you'll be at an increased risk for toenail fungus infections or other concerns. What's a better option? Leave the cuticles in place and intact. Or, if you must, simply push back the cuticles (gently), without trimming or removing them.

HOW TO WEATHER EXCESSIVE HEAT WARNINGS

Here in Houston, it's common to go through periods of extreme heat, with high humidity and temperatures that remain above 90 degrees for at least two to three days. During those times, your body has to work overtime just to maintain a normal temperature. As such, many people's immune systems are overwhelmed at these times, leading to illness or even death. Want to stay safe? Here's what to do:



- Avoid staying in closed cars—this rule apply to people and pets
- Use AC or go to a cooling center if you don't have any
- Take cool baths or showers
- Wear light colored clothing that fits loosely
- Avoid using your oven during daytime hours
- Increase your fluid intake
- Don't engage in outdoor workouts or high-energy activities during daylight hours

NAVIGATING AIR QUALITY ISSUES

Over the past few summers, cross continental wildfires have led to some of the worst air-quality conditions we've ever seen. Measured on an AQI scale of 0 to 500, the higher the AQI reading, the greater the level of air pollution. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality. And, as AQI levels rise, so do threats to your health and well-being. So follow the numbers carefully this summer, and pay attention to all accompanying safety instructions.

ADOPT, DON'T SHOP!

Did you know that, each year, almost 6.5 million pets enter shelters in the U.S. alone? And, of those animals, about 1.5 million are euthanized each year. That's why, if you're looking to expand your family with a furry friend, it's more important than ever to adopt instead of working with a breeder or visiting a pet store.



You see, when you choose to adopt, you can save an animal from being euthanized, simultaneously making more room at that shelter for new animals to gain a chance a adoption. So, before you look for breeders in the local paper, browse the sweet faces at the Houston Humane Society, Houston SPCA or the city run BARC animal shelter—you could save a life and complete your family!



FROM THE DESK OF DR. ANDREW SCHNEIDER

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