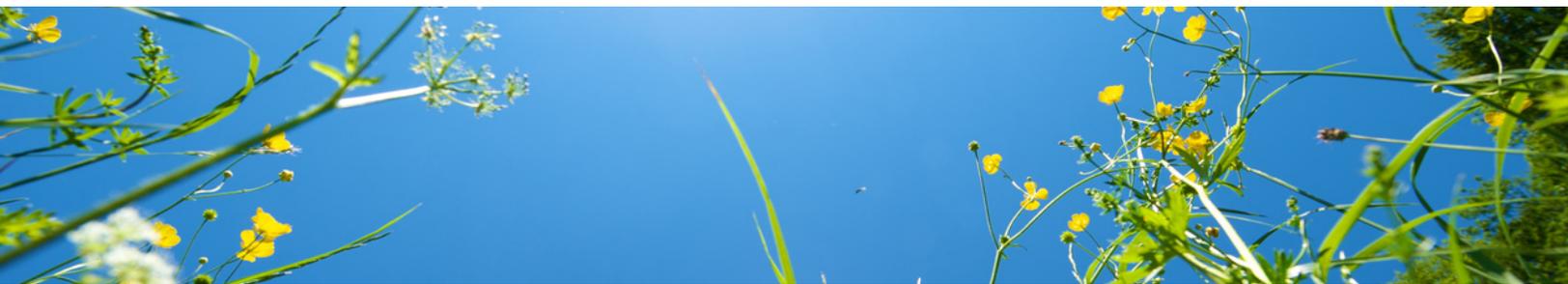


JUNE 2023

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Summer Bunion Surgery for Teachers*

With school out for the summer, now's a great time for teachers to have bunion surgery. Thanks to the joys of summer break, you can take these months to recover, and be ready to stand in front of your classroom again in the fall. Not a teacher, and not sure when you can fit bunion surgery—and the recovery period that follows—into your busy schedule? Here are some questions to ask yourself:

Is there a time of year when you're less active, when it's easier to take time off? The answer to this is easy for teachers, but may be different for those in other careers. Look at your schedule and try to find a period that requires less physical activity. Also, think about how bad your bunion really is. If you have a small bump, you may not even need surgery. But if your bunion is causing you pain that prevents you from going about your daily routine, then there's no time like the present to come in for treatment. While we will do our best to help you find relief with non-surgical interventions, waiting will narrow your treatment options and increase the odds that you'll need surgery. (And not necessarily on your schedule!)

## *What To Do During an Excessive Heat Warning*

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. During this time, stay safe with these key tips:

- Never leave people or pets in a closed car
- Go to a cooling center if you don't have air conditioning
- Take cool showers or baths
- Wear loose, lightweight, light-colored clothing
- Use your oven less
- Drink plenty of fluids to stay hydrated
- Avoid high-energy activities or work outdoors

## *Understanding Air Quality*

Since regions of the Northeastern US recently made history for having the worst air quality in the world, everyone's talking about the AQI. How does the AQI work? Think of it as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.



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

# *The Schneider Kids are Growing Up!*

Thanks to everyone who reached out last week about the loss in my family. Every message was truly meaningful. Thank you!

June was an epic month. 2 graduations and a whole week with the kids from Israel.

First and foremost, Daniella graduated from Bellaire High School. Graduation was at NRG stadium and was long! It was a wonderfully exciting event.

Two days later, Jonah had a ceremony advancing him from Middle School to High School. During the ceremony, each 8th grader was given a chance to speak (it's a small school). It was a very meaningful dinner.

Both Daniella and Jonah will spend the first month of the summer at camp in Pennsylvania.

We brought in the Israel contingent of the family for the graduations. Ariel and Hannah were here for a week. Lots of good family time ensued. The best day was when I was able to take all of the kids to Top Golf and Axe Throwing. We had a great time!

For some additional fun...we took Daniella to see Rent and we took Jonah to see Wicked. Both were phenomenal performances.

Now Jonah and Daniella are at camp. Ariel and Hannah are back in Israel. Mirit and I get to live as empty nesters for the next month.

I hope you all have a wonderful summer!





## *Bat Watching: Your New Summer Hobby*

Bats truly know how to relax. Hanging upside down completely relaxed; expending zero energy to hold on. And watching them completely relax can have a soothing effect on your stressed-out energy. Want to give this pastime a try? Head over to Austin, where bat-watching has become a great element of the mission to keep this city “weird”...and relaxed!



## *Get Prepared for Hurricane Season*



With hurricane—and flooding—season upon us, it's time to get ready for disasters. Here's what to keep on hand in your home:

1. One gallon of water, per person, per day for three days, stored in easily accessible, air-tight, plastic containers that are easy to access
  2. Three-day supply of non-perishable foods for the humans and pets in your home
  3. A well-stocked first aid kit, complete with any medications your family members rely on
  4. Sanitation supplies, including toilet paper, soap, feminine hygiene products, plastic garbage bags & ties, plastic buckets with tight lids, chlorine bleach, and supplies for pet waste.
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## *June is Alzheimer's & Brain Awareness Month*

Worldwide, more than 55 million people are living with Alzheimer's or another form of dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more that people know about Alzheimer's, the more action we inspire. An easy way to start? Share a photo on Instagram or Twitter using the hashtag #ENDALZ, and follow @alzassociation to stay tuned in to all the ways you can take action, this month and beyond.



### *From the Desk of Dr. Andrew Schneider*



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