

JUNE 2022

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *When should I see a podiatrist if I am limping?*

If you hurt your foot and ankle, and you can't put weight on the injured side, it's hard to know when to "walk it off" and when to come into the office. Now, it's never wrong to be cautious, so we always encourage you to come in for a comprehensive exam after an injury.

Still, if you prefer to wait a bit before coming into the office, here are the signs that you need to come into the office after a foot, toe or ankle injury:

1. You can't put any weight on your injured foot
2. You have severe pain and swelling
3. You have minor swelling, but it hasn't improved after two days
4. You have pain with activity
5. You notice numbness or tingling in your foot



Remember, even if you can walk or limp on an injured foot or ankle, you could have a sprain or fracture. And the longer you wait to come in, the worse the injury will get. So, to answer our first question, when should you see a podiatrist if you're limping? Right away, to rule out serious injury and ensure proper healing!

## Identifying Burn Levels

There are three main burn categories: first, second, and third-degree. Each classification is based on the severity of skin damage; first-degree is the least severe injury and third-degree is the most.

With a first-degree burn, you'll have red, non-blistered skin, as with a sunburn. Second-degree burns display blisters and some skin thickening. With a third-degree burn, there is widespread skin thickness and your skin takes on a white, leathery appearance. In severe cases, you may be classified with a fourth-degree burn. This injury classification means the burn has penetrated your tendons and bones. You can usually treat first-degree burns at home. But other burns will likely need immediate medical attention to ensure proper healing and to prevent serious complications.

## Why Are Babies So Cute?



Can't stop staring at the babies getting pushed down the street in their strollers? You're not alone,

according to psychiatrists studying the human brain.

Basically, when we see a young animal or child, our brains experience a fast burst of activity in the orbitofrontal cortex, which is where rewards are processed. That creates a loop where we find cuteness stimulating and rewarding, which is important for biology, since it makes us want to pick up—and protect—a helpless, but adorable, infant.



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

## *What a Great Month for the Schneiders!*

If you've been following my Tuesday emails, you know that my family and I took a trip to Florida for our vacation. The most special part of the week was...well...all of it. It didn't matter what we were doing each day, but our entire family, all five of us, were together.

Yes, I'm happy to say that there was a brief moment in time where I had all three of my kids under the same roof. That's the definition of bliss!

We spent a few days in Orlando. We spent time at Walt Disney World, Epcot, and Hollywood Studios. We particularly enjoyed the Star Wars themed land and rides. It's like we were in the movies! We also spent a day at Universal Studios to get our Harry Potter fix. Also, so well done and themed.

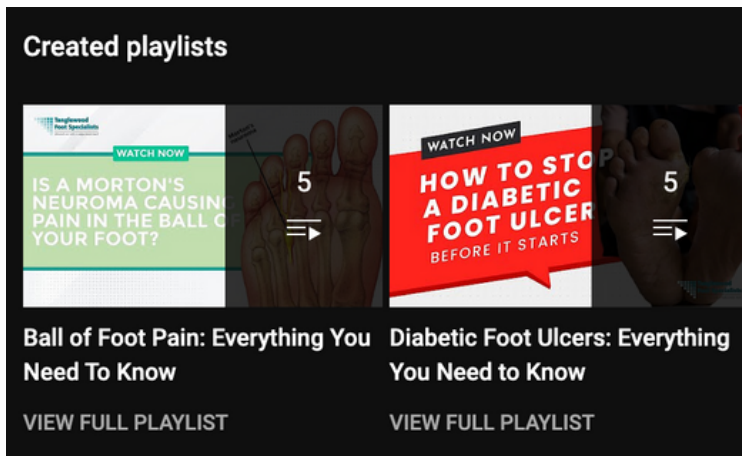
We then made the drive to South Florida to spend time with my parents, my brother, and "the cousins." It was great to catch up with everyone. We even got to spend Father's Day with my dad!

Now, one by one, the family is leaving on their summer adventures. Daniella and Jonah left for Pennsylvania for camp. Daniella is a counselor this year! Tomorrow, my wife Mirit leaves for Israel where she is helping to lead a trip for mothers of soldiers serving there. Monday, Ariel returns to Israel and continues his service in the army. **So, it'll just be me and Juju for a little while holding down the fort. I hope Juju can cook!**





## Check Out Our Monthly Video Series!



While we warned you about getting medical information from TikTok, we love YouTube—especially because Dr. Schneider posts weekly videos on important foot health topics on **our channel**, so we encourage you to subscribe and get notifications when he publishes the latest installations.

## When Should Colon Screenings Start?

Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals. However, you may need to start testing more frequently if you have:

- Crohn's disease or ulcerative colitis.
- A family or personal history of colorectal cancer or colorectal polyps.

Talk to your doctor about your colon cancer risk to determine the best time to start your regular screenings.



## *How to Get the Best and Right Amount of Sleep*



Sleeping well is a science: you need to set the temperature, and carefully set aside the right amount of time. So, what are those numbers? Most doctors recommend keeping the thermostat set between 60 to 67 degrees Fahrenheit for the most comfortable sleep. And most adults need 7 to 9 hours, although some people may need as few as 6 hours or as many as 10 hours of sleep each day. Older adults (ages 65 and up) need 7-8 hours of sleep each day. And women in the first 3 months of pregnancy often need several more hours of sleep than usual.

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



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