

JUNE 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



What's Up with my Aching Arches?

So many things can hurt your arches, but low arches—or flat feet—are a common culprit.

Why? When your arch collapses, the tendon that attaches your calf to your inner foot takes the heat...and the responsibility for supporting your foot. Working overtime, it gets inflamed. And then you experience pain!

Luckily, there are steps you can take to prevent this symptom. And one of the best is to stretch your feet every day. Just take a seat and grab your big toe, pulling it back until you're uncomfortable. Hold for 10 seconds, repeating 10 times, several times each day. And freeze a water bottle, using it at the end of your day to roll your arches for a few minutes, relieving discomfort and inflammation.

Finally, chronic arch pain may mean it's time for orthotics. We take a mold of your foot, right here in the office, and create a device specifically designed to support the unique shape of your body. This relieves the pressure of biomechanical problems to help you walk comfortably!

Here's Why I Want you to Journal

We're still in a very stressful time. You wouldn't be alone if you're feeling stressed or anxious. If that's the case, may I suggest that you whip out a journal and start writing?



If I've lost you with the "Dear diary" thing, just hear me out: journaling is a great activity for reducing stress and anxiety. If your mind is racing, take a moment and write down all your negative thoughts in a journal. Keep going until you have nothing else to say. Then, rip out the pages of negativity and physically destroy them. Once you're done with the disposal, focus on positive thoughts and write down what you think of. Then, any time you're feeling anxious, read your positive thoughts. This will help you focus on staying positive, and should help reduce your stress.

Of course, if you're not there yet, any kind of writing can help. During this time, I signed up for a new writing course, and I've loved communicating more with all of you. Staying connected with the written word has helped me get through these tough times, and I hope you'll find similar relief.

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



The Newest Family Member

Here are some of our favorite pictures of Juju!



Beware Of That Strong Summer Sun



After months indoors, we're all desperate for fresh air. But this month is about Cancer from the Sun awareness, so remember: just 15 minutes of exposure can damage your skin. In fact, every year, skin cancer rates increase in this country. But you can protect yourself by wearing sunscreen, hats and as much clothing as possible when you're out in the sun. And you should also try to avoid sun exposure during the hottest times of the day.

Stay safe and have fun this summer!

We Can't Let Anyone Go Hungry

June is national Hunger Awareness Month, and September is the month for Hunger Action. But with so many people in this country facing an immediate need for food banks, let's step up and take early action: if you can, donate food or money to your local food bank. Or consider donating your time to volunteer. Now, more than ever, we have to band together to fight hunger in our community, and to support our food banks as they are stretched to their very limits.



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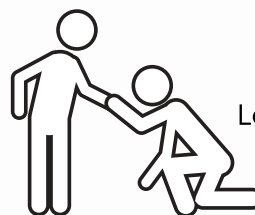
1 Food for Life Way

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How far can you go?

Let us help! Learn more here and start moving toward a pain free life

Be Prepared for a Bang from Mother Nature

As if 2020 hasn't thrown enough at us already, guess what: **hurricane season has arrived**. And, as you know, Houston is almost never spared from these devastating storms. While we can't alter hurricane paths, we can prepare our homes and families for their arrival even before the warnings arrive.

Right now, you can:

- 1) Create a plan, including evacuation routes, emergency numbers, shelter possibilities and a communication strategy to reach all of your family members in the event of disaster.
- 2) Build a disaster kit with basics such as bottled water, non-perishable snacks, flashlights, batteries, sanitation items, important documents and first aid kits. If you have kids, consider adding comfort items such as blankets and stuffed animals, or their favorite book as a welcome distraction.
- 3) Practice the plan, to help ease your fears and strengthen your readiness
- 4) Tackle storm anxiety. Being prepared is a great first step, but if you or a family member is still anxious, talk out your feelings and fears, so they don't build up and take over!



From the desk of Dr. Andrew Schneider

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