

JUNE 2021

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



What is an Overuse Injury?



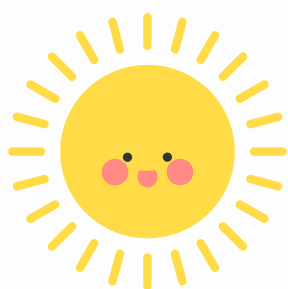
An overuse injury is caused by repetitive motions. That means when you do the same motion again and again, especially in exercise, you're raising your risk of getting hurt. Why is this a problem?



Well, doing the same move, like running, hits the same part of your body with constant force. Not only does that make it hard for your body to recover, but it can also make other body parts overcompensate for your overused muscles and bones. And that's when trouble really starts.

What are the most common overuse injuries? The ones we see most in our practice include shin splints and stress fractures. These injuries can strike anyone. But they are way too familiar for runners, especially women who run. So, if that sounds like you, ask up how you can prevent overuse injuries at your next office visit. (Spoiler alert: it's going to involve rest days and cross-training. Plus a whole lot more guidance, which we'll customize to fit your individual training needs!)

UV Safety Awareness Month



July marks
Ultraviolet Safety
Awareness month.
And we're
celebrating by
reminding you to

protect your feet from the sun's harmful UV rays! Remember, you can get foot melanoma. And this type of cancer most commonly develops after exposure to ultraviolet rays from the sun or tanning beds. That's because UV exposure can damage your skin, creating abnormal cells that lead to cancerous growths.

Even if you're barely in the sun, UV exposure can damage your skin. So skip the tanning beds, cover your skin when out in the sun, and always apply sunscreen generously and often if heading outdoors. (Making sure to lather up your feet, as well!)

Understand the Diabetes Basics

We talk a lot about diabetic foot care on our blog. But we also want you to understand the basic facts of this disease:

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 122 million Americans are living with diabetes (34.2 million) or prediabetes (88 million).

Whatever form of diabetes you or a loved one develops, high levels of sugar in your blood can damage your nerves and impact your feet. Diabetes contributes to tens of thousands of foot amputations each year, so having a podiatrist on your diabetes care team is an absolute must!



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

Preparing for Disaster & Protecting Your Feet in a Flood

Unfortunately, here in Houston, we always have to worry about natural disasters such as floods. To protect your family, create a disaster plan that includes all possible exit routes from your home, as well as family meeting spots. Make sure to gather supplies, such as bottled water,



non-perishable food, and ample supplies of any necessary medications or your family's medical needs. Finally, store crucial documents, including IDs and insurance documents, in waterproof containers for safe keeping.

In the event of a flood, you'll need to protect your feet if you must evacuate your home, also when entering a flood zone, or cleaning up after flooding:

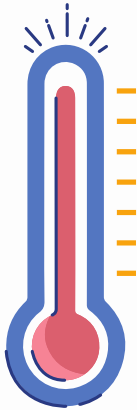
1. Watch where you walk. Debris and murky floodwaters can conceal sharp objects like nails and broken glass. And be careful when standing on unstable surfaces, since they can throw you off balance, causing ankle sprains or fractures.
2. Avoid going barefoot or wearing open-toed footwear like sandals, to prevent injury and puncture wounds.
3. Immediately treat cuts and puncture wounds. To help prevent infections, wash cuts, and puncture wounds immediately with clean water, then apply a topical antibiotic and a clean bandage. Puncture wounds require medical treatment within 24 hours, to avoid infection and other complications from embedded, contaminated foreign objects.

Signs of a Heat Stroke



With the hot Houston summers, we all need to worry about heat exhaustion and heat stroke. If you develop heat exhaustion, but cool down within 30 minutes, you can prevent heat stroke.

If not, you'll need to go to the emergency room right away.



The signs of heat exhaustion include:

- headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- Arms, legs, and stomach cramps
- fast breathing or pulse
- high temperature
- being very thirsty

If you show one or more of these symptoms, cool down quickly with these four suggestions:

1. Move to a cool place.
2. Lie down and raise your feet slightly.
3. Drink lots of water or sports and rehydration drinks
4. Get sprayed or sponged with cool water and fan yourself. If possible, place cold packs around your armpits or neck.

Healthy July 4th Fruit Skewers

Up the ante on your Independence Day celebrations with this quick-and-healthy party treat!

Ingredients for 8 skewers

- 2 cups strawberry, halved
- 5 bananas, sliced into 1-inch pieces
- ½ cup blueberry
- 8 wooden skewers



Preparation

1. For 3 of the skewers, add one strawberry and one banana, alternating colors until you have about 2 inches left on the end. To represent the flag, start with a strawberry and end with a strawberry. Then add 5 blueberries to the end. Set on the left side of a platter or tray.
2. For the rest of the skewers, add alternating strawberries and bananas until you run out of room on your skewer, again starting and ending with strawberries. Set to the right of the other skewers.
3. Bring to your party, serve, and enjoy!

From the desk of Dr. Andrew Schneider



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