

JUNE 2025

# THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



## CELEBRATE YOUR FREEDOM FROM INGROWN TOENAILS

With the July 4<sup>th</sup> holiday right around the corner, we want to help you make this summer the season you finally break free of those pesky ingrown toenails. Whether the problem is yours or your child's, we know that ingrown toenails are painful and often return after treatment...at least, they used to, before we introduced Onyfix to the office.

What is Onyfix? Providing a painless, non-invasive solution to ingrown toenails, Onyfix is a composite that we place at the base of your toenail to support that nail as it grows. With that support, your nail can lift away from your soft tissue and grow properly so that it won't curve or in-grow. Treatment itself is fast and painless, and requires no down time. Onyfix is safe for everyone, whether you're a child, a diabetic or are pregnant. You can even polish your toenails with Onyfix, as long as you avoid gel polishes. So if you want to spend the summer admiring your nails in sandals instead of worrying about the pain, redness and infections that result from an ingrown toenail, call us today and ask for an Onyfix consultation!

# **MEN'S HEALTH MONTH: CONSIDER A COLON SCREENING**

June marks Men's Health month, making it a perfect time to talk about your colon health. 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 earlier and 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 STOP YOUR FEET FROM SWELLING AT THE BEACH**

Heading to Galveston or other beaches this summer? All that heat could leave you with sore swollen feet. Luckily, this swelling isn't dangerous. But it could be uncomfortable, especially if you want to take off your beach shoes and change into sneakers later in the day.



Want to minimize heat-related foot swelling? Here's your beach-day action plan:

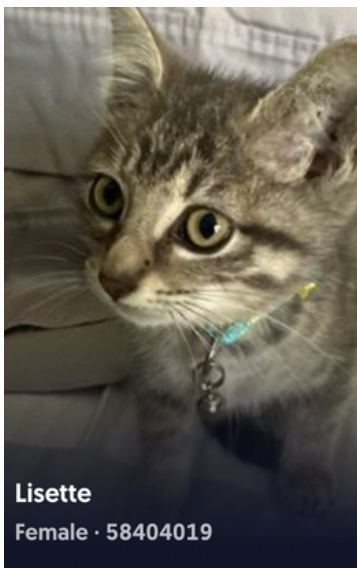
1. Drink lots of water throughout the day.
2. Get up and walk around whenever you can.
3. Look for shady spots or create your own with umbrellas or pop-up tents.
4. Immerse your feet in cool water at the end of the day, adding a revitalizing, therapeutic foot soak from Tolcylen for extra soothing benefits.


# ADOPT A CAT (OR OTHER PET) THIS MONTH

June is National Adopt a Cat Month, but adopting instead of shopping for any pet is extremely important. You see, close to 6.5 million pets enter animal shelters nationwide each year, with an astounding 1.5 million animals being euthanized annually. Often, that's due to space constraints. So, if you adopt a pet instead of buying one, we could dramatically lower that number.


When you adopt, not only do you save your loving new companion, but you make space for other animals who desperately need it, creating a domino effect of goodness. So check in with our Houston Humane Society, Houston SPCA or the city run BARC animal shelter before tracking down a breeder or hitting up a pet store.

🐾 ADOPT ME 🐾






**Age**  
3 months old, Young




**Breed**  
Domestic Short Hair - Mixed breed



**Size**  
Small, 2.00 pounds

**Organization info**



Houston Humane Society | Houston Humane Society  
14700 Alameda Rd Houston, Texas, 77053

Shelter email: [adoptions@houstonhumane.org](mailto:adoptions@houstonhumane.org)

Phone number: 7133413301

Hello, my name is

**Nathan**

**PET ID:** 591888

**BREED:** Domestic Short Hair

**SEX:** Male

**AGE:** 7 weeks

**WEIGHT:** 2.37 lbs

**LOCATION:** Adoption Center Cattery - 326

Call [\(713\) 869-SPCA \(7722\)](tel:(713)869-SPCA(7722)) to inquire.

**A2018533**

Located At: BARC Animal Shelter & Adoptions

Description: My name is Rose.

I am a spayed female, black and white Domestic Shorthair mix.

Age: The shelter staff think I am about 3 years old.

More Info: I have been at the shelter since Jun 15, 2025.

I am in kennel ADOPT03.



## CUTE BABIES ARE A THING

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.



## FEELING THE BURN? HERE'S HOW TO CLASSIFY YOUR PAIN

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.



# LET'S OPTIMIZE OUR SLEEP THIS SUMMER

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.



## HAVE YOU CHECKED US OUT ON YOUTUBE YET?

While you may not want to get all your health information from the internet, there's one source we encourage you to turn to for all your pressing foot health questions: YouTube! That's where Dr. Schneider posts informative videos each week, discussing important health topics such as the safety of running on a treadmill and tips for finally getting rid of fungus between your toes! Want all the info and the answers to your burning foot health questions? Head to [our YouTube channel](#) and become a subscriber so you'll get notified each time a new video hits the site!



### FROM THE DESK OF DR. ANDREW SCHNEIDER

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713-785-7881

