

JUNE 2026

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



KEEP (YOUR FEET) COVERED THIS SUMMER!

With beach season in full swing, we know you're ready to ditch your shoes and walk barefoot through the sand. But we beg you: please don't! There are so many hidden dangers waiting to trip you up once you expose the delicate skin on the soles of your feet.

Walking barefoot at the beach increases your risk for:

- Burns, as the hot Texas sun can heat sand grains enough to actually singe your soles
- Cuts and infections, when you encounter hidden debris such as glass or other sharp objects

Now, at the beach, or at the pool, we're fine with you slipping on some flip-flops to protect your feet from the hazards we just mentioned. (Along with additional dangers, like fungal infections.) But during the rest of your summer fun? Please choose sandals or other forms of footwear that offer additional arch support.

Otherwise, instead of enjoying all the summer fun, you'll be stuck in our office seeking help for foot, heel and arch pain!

KEEP FOOT SWELLING AT A MINIMUM



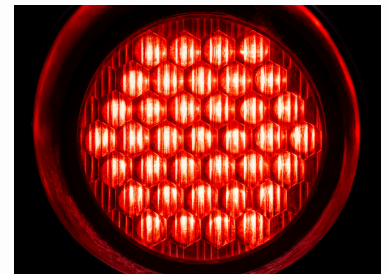
On that note of beach foot safety, there's another factor to consider: swelling. When you're exposed to heat all day long, you may head home with sore, swollen feet. Luckily, this swelling isn't dangerous. But it could be uncomfortable, especially if you want to take off your flip-flops and change into 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 Tolcycen for extra soothing benefits.

GIVE THE GIFT OF HEALING

If you missed your moment to give the special dad in your life a perfect Father's Day gift, you're not too late: we have just the thing you need. Too many men ignore their foot pain and push through, worried about down-time associated with



treatment protocols. But what if we told you there was a new, non-invasive treatment that can heal even chronic pain? Well, there is, and it's called Red Light therapy. In our office, it's used to relieve the discomfort many men have ignored for too long, while also offering better sleep quality, reduced anxiety and stress, improved skin health, faster recovery from workouts, increased energy levels and enhanced overall wellness. And if that sounds like the perfect gift for you or a loved one, you can call the office to ask about consultations for this newly-available treatment option.

DO YOU NEED A COLON CANCER SCREENING?

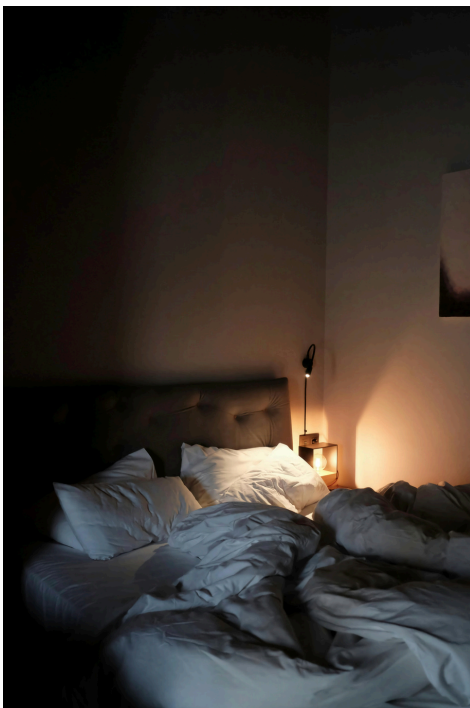
Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals. However, you may need to start testing earlier and more frequently if you have:

- Crohn's disease or ulcerative colitis.
- A family or personal history of colorectal cancer or colorectal polyps
- Red-flag symptoms such as unexplained rectal bleeding, chronic abdominal pain, or iron deficiency anemia

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



LET'S FINALLY FIGURE OUT THIS SLEEP THING!



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.

DON'T SHOP, ADOPT!

Every year, close to 6.5 million pets enter animal shelters nationwide, and 1.5 million are euthanized. But with the current shelter crisis, numbers are on the rise. Luckily, you can help!

Too often, shelters euthanize animals due to room constraints, but if more people adopted pets instead of buying them, the number of pets euthanized would lower dramatically.

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 heading to that pet store.

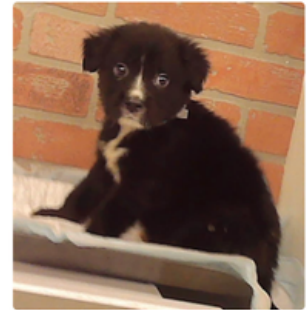


Claire



Jillian

Breed: Domestic Short Hair
Sex: Female
Age: 3 months
Weight: 3.8 lbs



Name: DOMINO (A2083149)

Gender: Male

Breed: Labrador Retriever

Animal type: Dog

Age: 6 weeks old

Brought to the shelter: 2026.06.28

Located at: BARC Animal Shelter & Adoptions



FROM THE DESK OF DR. ANDREW SCHNEIDER

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