

MARCH 2021

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## Let's Talk about Ingrown Toenails

Do you ever worry about ingrown toenails? Maybe you've heard you can get one if you trim your nails the wrong way. But maybe you aren't sure exactly what's involved with this condition.

Well, an ingrown toenail occurs when your toenail pushes itself into your surrounding skin. When that happens, the skin around your toenail gets red, inflamed, painful, and often infected.

How will you know if you've got an infection? With an infected ingrown toenail, wearing shoes will be painful. And your problem may not clear up with antibiotics alone. Instead, you may need to remove the offending part of the nail from your skin.

Now, at this point, many people have a knee-jerk reaction: I can do that myself! In fact, many of my patients decide that they have a future in "bathroom surgery" and dig out the piece of the nail on their own. But that's a really bad idea. Because this approach isn't sterile, and usually causes your ingrown toenail to become worse.

What's the better way to proceed? You may have guessed the answer already. But in case you haven't, here's the bottom line. The only way to properly and completely treat an ingrown toenail is to visit our office. Any other approach will let your ingrown toenail come back, or your infection gets worse. And neither of those outcomes is an option we want you to take!

## How a Pandemic Pet Could Boost Your Health

Any pet you adopt could boost your health. Whether it's a pup or a goldfish, science shows that owning a pet makes you:

- Less likely to suffer from depression
- Have lower blood pressure
- Have lower triglyceride and cholesterol levels
- Survive longer after a heart attack
- See your doctor less often, especially if you're over 65

Now, these benefits come across the board with pet ownership. But they're boosted with cats and dogs. So consider adopting from your local shelter: we need pets, and animals need us now more than ever!



## Kids, Exercise and COVID: What You Need to Know

According to the CDC, children ages 3 through 5 years should be physically active all throughout the day; it's important for their growth and development. And children ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity every day. To strengthen their bones and that muscles, they suggest including running, jumping, and climbing into those activities at least three days a week.

Of course, since the COVID shutdowns, keeping kids active has been a lot harder. But you don't need youth sports or even in-person school to get kids moving more. Try starting a family after-dinner walk routine, and then challenge kids to race to the end of the block. Every little step counts, and goes a long way towards building long-term wellness!



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

## Schneider Family Updates!



If you've been following the last few months, you know that our oldest son, Ariel, made the decision to move to Israel. He has been studying religion and is on his way to dual citizenship. Ultimately, he plans on going to university in Israel to study engineering.

Before that, however, Ariel needs to complete service in the Israeli Army. Serving is compulsory to all Israeli citizens. On April 5, 2021, Ariel begins his service. Please join me in a prayer that there is peace in the Middle East and that Ariel's training and service will be outside of combat. May everyone's children serving in all militaries complete their service and return home safely.

## National Donate Life Month

Since 2003, April has been celebrated as National Donate Life Month, when we encourage people to register as organ, eye and tissue donors. It is an incredible way to save a life after your passing. For more information and to register as a donor, visit [www.donatelife.net/register/](http://www.donatelife.net/register/).



Remember, since all in-person organ donation sign ups are cancelled for COVID, they need our support more than ever. If you're already a registered donor, be sure to spread the word and encourage friends and family to register as well!

## Plan for Disasters

As we all learned last month, emergencies can happen at any moment. Now, we can't always prepare for a deep freeze. But we can make sure our families are prepared for fire, by creating a fire-preparedness plan. Here's what your plan should include:

- Plan for everyone. Make sure you know who will help each family member get out, and choose a backup person in case the original choice is away or incapacitated.
- Find two ways out. Visit each room of your house and find two ways out, including windows and doors. Then make sure they're working.
- Choose a meeting spot. Decide on a meeting place outside, in the front of the house so emergency responders can see you when they arrive.
- Check smoke alarms. Every month, if not more often.
- Have a backup plan. If your exit routes are blocked, and you can't leave the house, close all doors between you and the fire. Place a towel under the door and go to an exterior-facing window. Call the fire department to report your location.
- Share with everyone, and practice regularly.

# Diabetic Recipe of the Month

This month, we're asking you to give fish a chance. Packed with omega-3 fatty acids, fish meals can protect kidney function and cardiovascular health, two areas where diabetic complications often increase your risk for illness. Not sure where to start? Try this tasty recipe from the American Diabetes Association!

## Fish Fillets with Lemon Parsley Topping (This Recipe Serves 4)

### Ingredients

- 4 (6 oz) lean white fish fillets (such as tilapia, snapper, or flounder), rinsed and patted dry
- paprika to taste
- 1/4 cup extra virgin olive oil
- 1/2 tsp lemon zest
- 2 tbsp finely chopped parsley
- 1/4 tsp dried dill weed
- 1 medium lemon, halved

### Instructions

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with foil. Then, coat foil with cooking spray. Arrange the fillets on foil, sprinkle them with the paprika. Season lightly with salt and pepper, if desired. Bake 10 minutes or until the fish is opaque in the center.
3. While fish cooks, combine remaining ingredients, except lemon halves, in a small mixing bowl. Set aside.
4. Use a slotted spatula to remove the fish. Place on four dinner plates, and squeeze lemon juice overall. Top with parsley mixture and enjoy!

## From the desk of Dr. Andrew Schneider



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