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THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



New Office Treatment Option: Shockwave Therapy

Have you heard the news? We now offer Shockwave Therapy, a form of regenerative medicine that uses sound waves to help heal the body, especially if you're living with chronic or acute foot pain.

Specifically, we use Extracorporeal Pulse Activation Technology (EPAT), a form of sound wave energy that helps break up scar tissue and stimulate new tissue growth, while stimulating blood flow to your sore spots. As a result, you should expect relief after the three-session treatment course, with each session lasting less than 10 minutes. Even better? Many people feel pain relief after just one session.

Who can benefit from EPAT? We've seen great results for patients with plantar fasciitis, Achilles tendonitis, Morton's neuroma, tendinopathy, sports injuries, and shin splints. But you don't need to take our word for this. The benefits of EPAT are evidence-based and backed by at least 30 years of clinical studies. Thanks to that research, we know that EPAT offers superior results with little to no side effects. In many cases, choosing Shockwave Therapy can save you from surgery and/or other invasive treatments. Want to know if EPAT is right for you? Come into the office and Dr. Schneider will perform a comprehensive evaluation for your condition. Relief could be available sooner than you think!

What Should I Do With Old Make Up?



Don't just throw expired makeup in the trash. Instead, put leftover cosmetics into a sealed bag, then

place that in the greater trash can—doing so means the chemicals inside them won't seep into the ground at the landfill.

Better yet, try checking with local beauty stores or organizations such as TerraCycle to see if they accept empty containers for recycling. Just remember that some groups restrict the containers they will take back, or only accept recycling items at certain times. Always check first before making a drop-off.

Understanding your Medicare Benefits

Here in the office, we accept Medicare for most of our podiatric services. Still, understanding when and how you can use your Medicare benefits can be challenging. For that reason, we've teamed up with [Caring.com](https://www.caring.com) to help you get the most out of your insurance plan.

[Click here for the platform's guide to understanding and getting the most out of Medicare.](#)



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

The Arts Took Front and Center for the Schneider Family

After a long (pre-pandemic) absence from museums and theaters, we made up for it in very short order. It felt so good to be back, especially seeing amazing shows and an opening at the Menil.

It started with seeing *Hamilton* at the Hobby Center. Our daughter Daniella is obsessed with the show. In fact, both kids know almost every word. We watched it as a family when the original Broadway cast's performance was featured on Disney Plus. But that wasn't the same as being "in the room where it happened." It's a great show with a superb cast. We went in with high expectations and weren't let down.

Next, my wife, Mirit, and I went to the Menil for the opening of the Meret Oppenheim exhibit. We enjoyed that exhibit, along with many others housed at the Menil. The Menil is a treasure in our community. We were fortunate to be gifted a membership from a generous patient and are taking full advantage of what membership has to offer. If you haven't been to the Menil in a while, it's worth a visit.

Finally, we went back to the Hobby Center for a performance of *Come From Away*. This musical chronicles the post 9/11 chaos when 38 airplanes were forced to land in Gander, Newfoundland after US airspace was closed. That added 6,600 people to a town whose population was less than 10,000. You may be thinking "How can they make a musical about THAT?" Well, they can and it was truly exceptional. Do your best to catch it while it's still in town.





How and Why to Determine Your Blood Type

Blood types are determined by the presence or absence of certain antigens. And, since some antigens can trigger your immune system to attack transfused blood, safe blood transfusions depend on careful blood typing and cross-matching.

The major blood types are: (A+, A-, B+, B-, O+, O-, AB+, AB-). Group O can donate red blood cells to anybody. Group AB can donate to other AB's but can receive from all others. Group B can donate red blood cells to B's and AB's. Group A can donate red blood cells to A's and AB's.

Type O blood is routinely in short supply, both because it is the most common blood type and because type O negative blood is the universal blood type needed for emergency transfusions and for immune deficient infants. If you have Type O blood, please consider donating when you are able.

Supporting Donate Life America

This organization helps you register as an organ, tissue, and cornea donor. While many of you may be familiar with organ donation, the other donor options are somewhat newer options—but they can provide a very important impact. **In fact, one donor who agrees to all three options can save or heal up to 75 lives.** Donate Life America even has live donor options, including kidney donation, which is critical, since over 90,000 Americans are currently waiting for a kidney donation. (That represents almost 85% of all those waiting for donations.) Learn more about you can help [here](#).

When Not To Run

Runners gonna run...but if you train when you shouldn't, you could end up with a serious injury that could pull you from the sport forever. Obviously, you shouldn't train through a serious injury, like a sprain or fracture, but here are five signs that you should take a break from training and check in with your doctor before getting back to your running schedule:



1. **Increased Resting Heart Rate** - Check your heart rate when you wake up. An increase over time could mean you're overtraining.
2. **General Fatigue** - If you feel like just getting through the day is a challenge, you may be doing too much.
3. **Trouble Sleeping** - Too much training can disrupt your circadian rhythm and make sleeping through the night impossible.
4. **Moodiness** - Is your temper on high? Do you feel down about your running? Try backing off a bit.
5. **Lingering Muscle Soreness** - A little bit of that 'good' soreness is ok after a long run, but if your pain stays around, is only in one spot or gets worse over time, you may be on your way to a running injury. Take a break to stay healthy.

From the Desk of Dr. Andrew Schneider



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