

MAY 2024

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## HEALING AN INGROWN TOENAIL WITH ONYFIX

In the past, treating an ingrown toenail was painful. It typically involved in-office surgery, preceded by a painful numbing procedure. But today, we have the Onyfix nail correction system that provides a pain-free solution to ingrown nails.

Basically, Onyfix is a composite that we apply to the base of your toenail. To start the process, we buff your nail so the composite can easily adhere to the nail, supporting it as it grows to prevent ingrowing. After applying the composite, we use an ultraviolet light to make it harden, giving it the strength to support your nail and keep it in the proper position.

And the lack of pain isn't the only Onyfix advantage: following treatment, you can immediately resume your normal activities, with zero restrictions. You can polish the treated nail, and Onyfix is safe for everyone, including diabetics and pregnant people. It can even help straighten a curved nail that's caused by fungal infections, and without the discomfort of other treatment options!

Now, insurance doesn't cover Onyfix, but it comes with so many advantages that we still recommend this option to many patients. And, because it's a quick and painless in-office procedure—not requiring any numbing injections—it is also an affordable way to resolve ingrown toenails. Want to learn more? Give the office a call to schedule a consultation!

# GET TO KNOW PLATELET RICH PLASMA (PRP) THERAPY

If you, like so many of our patients, want to heal your body in a more natural way, it's time to explore regenerative medicine options such as platelet rich plasma (PRP). This is one of the well-established forms of regenerative medicine that we provide in our office; it's a simple procedure that involves injecting your body's own PRP into your injury site, pinpointing the exact treatment area with the help of ultrasound guidance. Afterward, the increased concentration of growth factors contained within that platelet-rich plasma speeds up your body's healing process, decreasing your pain and the length of your recovery period.

Now, because the treatment works by stimulating your body's own healing abilities, it takes time to see the full results of treatment: typically between 4-6 weeks. And, you'll need to avoid exercise and strenuous activity for a few days after the injection. However, after that initial rest period, you can resume unrestricted activities without worrying about side effects or complications, making this a great low-risk treatment option to explore if you're living with foot, heel or ankle pain of any kind!

## GEAR UP FOR GLOBAL RUNNING DAY

Global Running Day (previously known as National Running Day) is celebrated on the first Wednesday of June by taking part in any kind of running activity and submitting your name on the [Global Running Day website](#). The goal? It's simple: to increase physical activity levels around the world. Want to celebrate without injury? Here are some pro tips from your running podiatrist in Houston:



1. Run with a friend, and stick to well-lit, populated areas.
2. When running outside, go against traffic.
3. Never train through pain—at the first sign of discomfort, come into the office to rule out an injury. Or to keep a small problem from becoming a big one!

# END OF SCHOOL BRINGS START OF SUMMER

As a busy and exhausting school year winds down, we're looking to a refreshing summer. Well, the family is...I'll be in the office (almost) every day this summer.

I did have some time off, where I attended two conferences. One was as an attendee to the Magnetic Marketing Superconference. There, I had a chance to meet Dan Kennedy, a best selling author and speaker who I've been following for years. Sharing a few words with him was a highlight for me. At the same conference, I met the keynote speaker Robert Greene. He wrote 48 Laws of Power, also a bestseller that I recommend, and delivered an inspiring keynote address.

I attended the second conference in Atlanta, where I presented four talks to a very warm reception. Of particular interest was the emerging uses of Artificial Intelligence in elements of clinical practice. Many of which I use to some degree (but not to write this...it's all me!).

Ariel and Hannah continue to be safe in Israel. They just moved into a new apartment and are continuing their studies at Bar Ilan University. Daniella is wrapping up her Freshman year at Drexel University and has excelled by all standards. This summer she'll be in Houston working at a day camp. Jonah is finishing his freshman year of high school. He'll be attending sleep away camp for a month in Pennsylvania.



# GET TO KNOW OUR GREAT STATE PARKS

Our very own state of Texas has more than 80 State Parks to explore and enjoy. And, if you want to really get a taste of nature in the Lone Star state, you may wish to consider purchasing a State Park Pass this month: if you do, you can enjoy a whole year of unlimited, free entry to any of the state's 89 parks, including Sheldon Lake State Park, located just 20 miles from the downtown center. Plus, State Park Pass holders enjoy discounts on camping, equipment rentals, and park store purchases, along with many other special offers. Sound promising? Click [here](#) to learn more.



## BUT WHEN YOU VISIT, LEAVE NO TRACE



If you do head into our State or National Parks, we encourage you to explore all of the natural beauty. But you must also leave the park in the same—or better—condition before heading home (we call this the 'Leave No Trace' principle.) So, what does that look like in real life?

1. Travel and camp on durable surfaces.
2. Make sure to properly dispose of waste.
3. Leave what you find.
4. Minimize campfire impacts.
5. Respect wild life.
6. Be considerate of others.

# SLEEP QUALITY VS QUANTITY

When you wake up in the morning, do you still feel tired or groggy? That could be a warning sign of poor sleep quality. What are the other telltale signs that you're not getting what you need from your time in bed?

- It takes you more than 30 minutes to fall asleep.
- Waking more than once a night is a regular occurrence.
- When you do wake in the night, it takes more than 20 minutes to fall back to sleep.
- Day time concentration is challenging, and you need caffeine to function at your best.
- Break outs, puffy eyes and undereye circles are a problem.
- You crave junk food and struggle to manage stress or anger.



Notice any of these warning signs? Talk to your doctor about how you can improve the quality of your sleep.



## FROM THE DESK OF DR. ANDREW SCHNEIDER

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