

Are Your Favorite Shoes Causing You Pain?

Do you kick off your shoes under your desk at work or the table when out for dinner? Do you carry your shoes to the car after a night out? Have you considered that there can be a solution for your foot or ankle pain without abandoning your cute shoes? You've come to the right place!

Generally speaking, women in Houston love their shoes. Unfortunately, most fashionable shoes can cause foot pain and problems to occur. Many women overlook this pain for the joy they feel when wearing a pretty shoe. Over time, however, what started as discomfort can progress to pain that can limit activity. Identifying and treating foot pain before it becomes truly problematic will prevent it from becoming a larger issue in the future.



While foot and ankle pain affect both men and women, women have a tendency towards developing problems, such as:

- ❖ Morton's Neuroma
- ❖ Stress fractures
- ❖ Bunions
- ❖ Hammertoes

A Morton's Neuroma is an inflammation of a nerve in the ball of your foot. It occurs because of a compression of the nerve by the adjacent bones and ligament. Narrow shoes add to this pressure and causes the nerve to inflame more and cause more pain.

Stress fractures occur in women for two reasons. First, wearing shoes with high heels causes the center of gravity to shift forward, which increases stress on the forefoot. This pressure can cause the bone to fatigue and fracture, causing pain and swelling. Another reason is the formation of a calcium deficiency, osteopenia, or osteoporosis, all of which weakens the bone and makes it more susceptible to weakening and fracturing.

A bunion is a prominent bone on the side of the great toe joint. This leads to a painful bump forming and pain and pressure while wearing shoes. It can also result in less flexibility in the great toe joint, leading to joint pain when wearing shoes with a high heel. While some bunions need to be corrected with bunion surgery, when they are caught early they can be prevented from progressing. For this reason, don't wait to schedule an appointment to visit our office.

Similar to bunions, hammertoes form because of a mechanical instability and are made worse by shoes. The toes buckle up and contact the top of the shoe which can cause a corn to form. Again, when caught in early stages, non-surgical treatment can be effective, however more advanced cases may require surgery to correct.

Five Ways to Work Cardio Into Your Work Day

Just because you're stuck at your desk for hours at a time doesn't mean you can't be actively working on your health! Here are 6 quick tips for getting your heart rate going at the office:

1. Light on Your Feet

Speedily tap toes on the floor under your desk. Ready for a harder (and less inconspicuous) move? Stand in front of a small trashcan and lift up legs to tap toes on its edge, alternating feet.

2. The Stair Master

Make a healthy-life choice: opt for stairs instead of the elevator. Bonus points for striding wide and taking them two at a time.

3. Jog in Place

Every so often, take a mini break for a stationary jog. Pop up from your chair and pick up those knees for a one-minute burst. Repeat whenever possible.

4. Go On Walk About

Grab a coworker and stroll down the hall to the farthest bathroom. Instead of dialing extensions or sending emails give your co-workers in-person messages. Just move more and you'll stay ahead of the game.

5. Dance Like No One is Watching

Release stress and spark some energy with some seated salsa moves!

Introducing some New Foot Relief Products Direct From France

In February, Dr. Schneider and his wife Mirit had the opportunity to travel to France. While there, they spent time at the Millet Innovation facility. Millet is a company that manufactures pads and splints. They have been in business in Europe for many years where their brand, Epitact, are the best selling foot pain relief products. They are now bringing their products to the United States and Tanglewood Foot Specialists is the first to provide these products to our patients. We are already hearing rave reviews!

The most popular product is the Epitact Plantar Cushion. This reusable pad sits beneath the ball of the foot and uses their patented Epithelium gel to cushion the excess pressure. This pad is perfect for those who have naturally lean feet or if your natural fat padding has worn away from years of use.

A unique splint that has never been available before is the Epitact Daytime Bunion Splint. While most bunion splints are meant to be worn at night (we have those too!), this splint is designed to be worn inside a shoe. It is thin and very comfortable. It serves to cushion the "bump" of the bunion while also repositioning the great toe. Everybody is LOVING this splint!

Epitact also offers unique braces that are easily customizable. Both the Nighttime Bunion Splint and the Ankle Brace contain components that will make the products fit like they were made for you. They have a rigid thermoplastic shell that, when placed in boiling water, softens the material and allows it to be molded. This allows for a thinner device that is very comfortable.

We are proud to carry this innovative line of products. Be sure to ask if one of them is right for you. Feel free to check out the display in our reception room. We are always looking for the BEST products to serve our patients.



In the Know: Melanoma & Skin Cancer

We often think of malignant melanoma, or skin cancer, as something that only effects areas of our body that gets too much sun. Because of this, dangerous lesions go under diagnosed, especially on the feet and lower legs.

Some patients are apprehensive about having a biopsy performed. Some feel that if a lesion has always been there, it couldn't be bad. Others are nervous about the simple biopsy procedure. Still others are concerned about bad news. The truth is, while most biopsies performed come back as normal, the lesions that are caught in early stages of malignancy are worth the effort.

Even skin lesions that always have been there can evolve to become malignant. A mole that was once small can grow in size and thickness. This is a sign of malignancy. A lesion that was once nice and round but becomes irregular is also a concern, as is one that is not uniformly one color. These lesions should be further investigated.

A biopsy is a minor, in-office procedure that requires a small amount of anesthesia injected beneath the lesion. Depending on the type of lesion, a small section is either shaved off or removed with a sterile "punch." In most cases the site of the biopsy is dressed with antibiotic cream and a bandaid. The biopsy is sent to a lab where a specialist evaluates the biopsy under a microscope and results are usually received in only a few days.

If the a diagnosis of malignant melanoma is returned, the result is most likely a more thorough removal of the lesion in the operating room. Your podiatrist will also likely refer you to another specialist to ensure it was an isolated lesion and incident of melanoma.

Don't take an unusual skin lesion for granted. A biopsy is your insurance to make sure that any problem is identified and resolved early. Waiting will only cause additional issues in the future. If you or a family member notice a mole, bump, or patch on the skin of the foot, ankle, or leg, contact Dr. Schneider to have it properly evaluated.



June is National Safety Month!

The National Safety Council has devoted the month of June to improving people's emergency preparedness. Your task for Week 1: come up with an emergency plan for your family. Not sure how to get started? Here's some suggestions from Ready.Gov to help get you going:



Step 1: Put together a plan by discussing these 4 questions:

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?

Step 2: Consider the details.

- Ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Write down your plan. You can find and download a form at ready.gov/make-a-plan

Step 4: Practice your plan!

Beating the Heat

With some of Houston's hottest weather right around the corner, it's important to know how to stay safe in warm temperatures. Make sure to follow these guidelines as the mercury continues to rise:

HOT CARS CAN BE DEADLY Never leave children or pets in your vehicle.

- ❖ Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- ❖ Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- ❖ Stay indoors and avoid strenuous exercise during the hottest part of the day.
- ❖ Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- ❖ Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- ❖ Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- ❖ If someone doesn't have air conditioning, they should choose places to go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).



Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists

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Sudoku Corner

	9			2				5
	4	6	9			8		
1					8		3	
							4	
	6		3					
2		9	8		1			
							5	
9	1		4	7				2
						4	8	1

April Answers:

8	7	5	9	2	6	3	1	4
3	4	9	1	8	5	7	6	2
6	2	1	7	4	3	8	9	5
5	3	7	6	9	8	2	4	1
4	8	6	3	1	2	5	7	9
9	1	2	4	5	7	6	3	8
2	9	3	8	6	1	4	5	7
1	6	8	5	7	4	9	2	3
7	5	4	2	3	9	1	8	6

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our May 2018 newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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