

MAY 2025

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



BUH-BYE, BUNIONS

Bunions form because of weak mechanics of the foot. The instability causes the bone before your big toe to rotate. This rotation causes the bump on the side of your foot. In our office, we have several ways we can address uncomfortable bunions. First, we find it helpful if you choose footwear with plenty of room in the toe box.

You also should limit the amount of time spent wearing high-heeled shoes, and narrow shoes are also important to avoid. Luckily, some people will find pain relief by simply wearing a shoe that is a little bit wider. If not, we may try a bunion cushion—a non-medicated pad that serves as a buffer between your bunion and the shoe, allowing you to wear your shoes more comfortably.

Finally, we can address your bunion by getting to its root cause—your weakened foot mechanics. And we can do so by restoring stability to your foot with the use of a custom orthotic. When you get evaluated for custom orthotics, you'll receive an extensive biomechanical examination, helping us pinpoint the cause of your bunion deformity. We will then design the perfect orthotic to balance your feet, helping neutralize the forces that are causing your bunion to grow.

Want to hear the best news? If you come in with a small bunion, these non-invasive measures should provide sufficient pain relief. They can also help prevent bunion progression. But if you wait too long, you may need to treat your bunion surgically. So reach out to the office today to start talking about your bunion treatment options.

MENTAL HEALTH AWARENESS MONTH

May is National Mental Health Awareness Month, and, as a practice with many young patients, we want to focus on helping you build strong foundations for children's mental well-being. Did you know that face-to-face conversations with your kiddos can foster mental health development, enhance communication skills, and build confidence? For that reason, we encourage you to talk to your children and teens about mental health. Not sure where to begin? Visit [samhsa.gov/find-support/helping-someone/helping-your-child](https://www.samhsa.gov/find-support/helping-someone/helping-your-child) for resources and suggestions.



GIVE YOUR DIET A SPRING CLEAN UP



Instead of going all Marie Kondo on your closet this spring, why not bring balance to the meals in your life instead? Doing so is a lot simpler. All that has to happen is this: fill $\frac{1}{2}$ of your plate with fruits and vegetables, going for as much color as possible, Devote $\frac{1}{4}$ of your plate to whole grains, and round things out with some lean protein like chicken breast, nuts, or fish!

BEAT THE SOCK MONSTER FOR GOOD

If you lose socks every time you do a load of laundry, this is a can't miss tip. Instead of throwing your accessories in with the rest of your wash, try running a socks-only cycle. You can also keep socks paired together loosely in the washing machine. Or better yet, invest in a mesh laundry-safe bag, and keep socks inside this contained environment when doing your laundry to make sure they can't get away from you.



4 FOOT SAFETY TIPS FOR THE BEACH

With Memorial Day officially kicking off beach season, here's how you can protect your feet while you get down in the sand:

1. Bring two pairs of shoes. If you'll be walking down a boardwalk or through a parking lot while lugging all your beach gear, you should start the day in supportive footwear, then switch to beach shoes once you hit the sand.

2. When choosing beach shoes, flip flops are fine...but if you plan to spend lots of long days at the beach, look for pairs with better arch support, like the ones from Archies.

3. Wear those beach shoes unless you're in the water. Walking on hot sand could actually burn your feet, and even on cooler days, it's best to keep feet covered to avoid sharp objects that may be hidden underneath those grains.

4. Lather up the sunscreen. By now, most of us remember to apply sunscreen to our faces and bodies, but don't neglect your feet! The skin there is very sensitive, since it gets less sun exposure than the rest of your body. Plus, it's vulnerable to skin cancer, so protecting it with a broad spectrum sunscreen is critical.

GO BACK TO JURASSIC PARK...RIGHT HERE IN HOUSTON

If you haven't checked out the Jurassic Giants exhibit at the Houston Zoo, now's a great time to go. Running from now until September 1, your visit includes a walk through a lush forest trail on which you can spot dinosaurs such as the Allosaurus, Herrerasaurus, Mamenchisaurus, and more. There are even interactive dig sites for anyone who wants to nurture their inner paleontologist!



PICK YOUR HAUTE 2025 NAIL POLISH COLOR

Want a spring-ready pedicure? We love that for you, as long as you use a healthy polish like the ones from the Dr's Remedy line. Not sure which trending shade to choose from? Here are some fun ideas to help you find a polish that speaks to your soul:

Red nail polish is a bold, look-at-me color that speaks of passion, fire and confidence. It marks you out as someone who is daring, dramatic and outgoing!

Purple draws in creative people, so wearing it on your nails shows that you are artistic, individualistic and not afraid to stand out from the crowd.

Pale pink nails suggest you're youthful without being cutesy. Women who opt for this hue are impeccably groomed, making this the perfect color for chic professionals.

Hot pink is sexy, bold and playful, associated with fun, spontaneity and so much femininity.

What if you go green with your polish? This is a strong color that has a lot of power, making it a top choice for adventurous women who don't shy away from risky choices.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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