

MAY 2021

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Watch out for Hot Weather Gout Attacks

Gout is a form of arthritis that causes burning pain; it comes on in sudden flares. Your first symptom is usually a swollen red toe that is a result of uric acid levels building up in your blood, causing uric crystals to form around your joints, which leads to inflammation and excruciating pain.

Several things can cause a gout flare. These include genetics, your weight and age, your medications, and your diet. But there's another gout trigger that we need to worry about as the weather heats up: dehydration.

Since gout flares happen when uric acid is more concentrated in your blood, dehydration is also a risk factor. Why is that the case? Even if your diet is healthy, small levels of uric acid can become a problem if you're dehydrated. Because, with less fluid in your body, it's harder to dilute even a little bit of uric acid. So crystals may build up and attack your joints, leaving you with painful gout symptoms.

Want to stay safe this summer? Make sure to watch your diet, get plenty of exercise, and stay hydrated with plenty of fluids. Remember, the baseline for hydration is about 4 liters of daily fluid for men, and 3 for women. But those recommendations will vary on your size and activity level, as well as the temperature. So if you have a history of gout flares, it's time to come in and talk about proper hydration for the coming months.

How to Communicate Effectively with Doctors

Your doctors are here to maintain and preserve your health. But if we don't know what's going on with you, we can't give you proper care. For that reason, clear communication between you and your doctor goes a long way towards helping you both make smart choices about your health.

Not sure where to begin? Always be honest and upfront about any symptoms you've noticed, even if you feel embarrassed or shy. Make sure to ask questions if you need help understanding your diagnosis, treatment, and recovery process.

In order to get the most out of your next visit, you can also:

- Write down your questions and concerns before your appointment.
- Bring a close friend or family member to your visit.
- Take notes about what the doctor says.



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

Do Your Part—Donate Blood Today!

We'll celebrate World Blood Donor Day on June 14, but you don't need to wait to help out and donate. Remember, the COVID 19 pandemic took a big toll on the nation's blood supply, due to extra demand and a drastic decrease in donations across the country.

In order to rebuild our life-saving blood supply, we need every eligible donor to consider donating blood. Find out how to help in your neighborhood by **visiting this link** to connect with blood drive efforts in your area!

(<https://www.redcrossblood.org/give.html/find-drive>)

American Red Cross Blood Services

Drives Near 77057 [Refine Search](#)

BY DATE **BY DISTANCE**

Wednesday, June 2, 2021

Drury Inn & Suites Houston Sugar Land **SEE TIMES**

13770 Southwest Fwy
Sugar Land, TX 77478
10 mi | 11:00 AM - 04:00 PM
[+ More Details](#)

Wednesday, June 9, 2021

American Red Cross - Houston **SEE TIMES**

2700 Southwest Freeway
Houston, TX 77098
4.5 mi | 10:00 AM - 04:00 PM
[+ More Details](#)

Friday, July 9, 2021

ARC Houston Chapter **SEE TIMES**

2700 Southwest Freeway
Houston, TX 77098
4.5 mi | 11:00 AM - 05:00 PM

The Schneider Family Both Near and Far

This month was an adventurous one for the Schneider family. If you have been following our series of Tuesday emails, you know that Dr. Schneider made a trip to Israel to surprise his oldest son Ariel, who is currently serving in the Israeli Defense Force. Missed the story? We put the story together on the website. It's a good story!

Thank you to everyone who has reached out in concern about Ariel being in Israel during the recent unrest. I'm pleased to say that his base is safely away from the rocket fire. Being in the early stages of Basic Training, he's also not ready for an assignment. We really appreciate the calls, emails, and discussions here in the office. We appreciate all of the prayers for his safety.

On the homefront this month, Dr. Schneider's wife Mirit volunteered at a pop up clinic to administer COVID vaccines to teens ages 12-16. The best part about this is that our youngest son, Jonah, was able to get the vaccine. We're looking forward to the whole family being fully immunized and hope that it's another big step to get past this pandemic.

As school winds down, we're looking towards the summer. Daniella is going to take a summer trip to Israel with her youth group to see the country. Hopefully, she'll also see her brother! Jonah is going to return to camp in Pennsylvania. It will be so nice having a normal summer again!



Returning to Running After an Injury

Last month, Dr. Schneider posted a great new video on just this topic—you can **check it out here**. But, in case you want the main highlight reels, here are our top tips for easing into a new running routine after time off for an injury.

1. Wait an extra day (or two) after you think you're ready

Don't start running until you've had three straight days without pain.

2. Walk first

Before you take off at a sprint or jog, try a fast walk. This will help you test your muscles without putting full pressure on your feet. Once you can walk for about an hour without pain, you'll know it's ok to pick up the pace.

3. Start slow

Even when you're ready to run, choosing a slow pace is a safer choice. It lets your body remember the old motions, without putting it through too much stress.

4. Remember to rest

If you've been sidelined for a while, start with slow jogs and build in rest days between sessions. Eventually, you'll be able to run up to six days a week. And that's when you can look at your pace or distance increases.



Mosquito Borne Illness in Houston

Hotter, humid temperatures in Houston mean mosquitos. And that can also mean mosquito-borne illnesses, including West Nile virus and Louis Virus, the two most common concerns in our neck of the woods. To protect yourself and your family, remember: mosquitoes lay their eggs in standing or slow-moving water, so steer clear of unattended weeds, tall grass, and bushes where adult mosquitoes may thrive.

You can also protect your home by making sure that doors and windows have tight-fitting screens. You should also remove any open containers that can hold water, clean closed gutters to allow for draining. Also, clean your pool and keep it properly chlorinated, covering it when not in use.

Also, try to avoid being outdoors during high-mosquito activity times—from dusk to dawn. And, any time you're outside, you can protect yourself with proper clothing (long pants, loose-fitting, long-sleeved shirts, and socks) and consider using insect repellent with DEET. (But when using repellent on children, DEET levels should be no higher than 10%, according to the American Academy of Pediatrics.)

How Much Exercise Do Kids and Adults Need?

Family Health and Fitness Day is coming up on June 12. And we know that everyone needs to move in order to stay healthy. But how much exercise you need depends on your age. Now, according to the NHS people aged 5 to 18 need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Also, they should aim for an average of at least 60 minutes of moderate-intensity physical activity, each day, all week long. And what about adults age 18 and up?

According to the WHO, adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week. Space it out how you like it, but we've always thought a little each day is easier to accomplish—and can add up to even bigger gains in the race to move more!



From the desk of Dr. Andrew Schneider



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