

NOVEMBER 2021

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## What Causes Burning Feet?

Many people with diabetes notice a burning or numbness in their feet. This is caused by a condition known as Peripheral Neuropathy, a nerve dysfunction that develops when your circulatory system delivers less oxygen. It's a common problem for people with diabetes—though other people do develop neuropathy. Still, many diabetics feel that burning feet are their most upsetting disease symptom.



Often, we can control or limit neuropathy caused by diabetes. In our office, we use two different methods to treat diabetic peripheral neuropathy. The first is Neuremedy, a vitamin that provides the nutrients that patients with diabetic peripheral neuropathy are lacking. And that helps reduce burning pain and numbness, while boosting sensation. We also use Microvas therapy to restore small circulation to the nerves, reducing or even reversing peripheral neuropathy symptoms. It is a non-invasive therapy that does not require any medication.

If your feet burn or feel numb, it's crucial to make an appointment right away. That's because, the sooner we intervene with neuropathy, the better our chances of resolving your symptoms. So schedule your comprehensive diabetic foot exam today, before burning foot pain becomes a permanent problem.

## Does Turkey Make You Sleepy?

We often blame turkey for our post-Thanksgiving meal food coma. Rumor has it that turkey's packed with a nutrient called tryptophan, and that's what makes you so sleepy after your big meal. Now, turkey does contain this amino acid, and it is connected to your sleep cycle, but tryptophan is also found in lots of other meats and proteins.

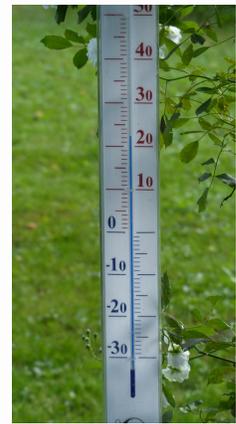


Plus, there's not enough tryptophan in a few slices of turkey to impact your brain's serotonin levels, which is the only way this amino acid can make you feel sleepy. So, if we can't blame turkey for post-Thanksgiving snoozes, what is the culprit? It's more likely all the sweets and carbs on the holiday table, since carbohydrates boost your serotonin levels, without containing a trace of tryptophan.

## Start Fighting Dry Skin Now

When the temperature finally drops and the Houston humidity gets replaced with dry, forced air, your skin starts to dry out, too. That's why November is the perfect time to start fighting the effects of winter on your skin, so your feet can stay soft and glowing in time to get back into flip flops in a few short months.

Remember, cold weather can cause the natural oils in your skin to evaporate. That's a problem all over your body. But since your feet are naturally drier than other areas of the body, they can really suffer during the cold months, resulting in dry, cracked skin on your feet.



To prevent this painful problem, **be proactive about moisturizing.** Each morning and/or evening, apply hydrating foot cream to your feet to seal in the natural moisture and prevent skin from becoming dehydrated.



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

# The Schneider Family is Back Together!

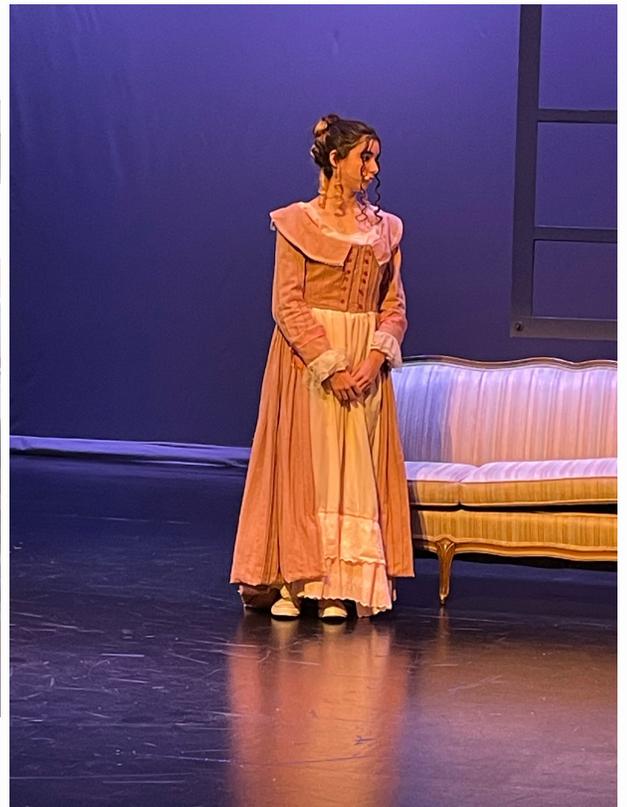
**We just got the best Hanukkah gift today. We got to light the menorah together with our whole family!**

Yes, Ariel arrived home after a year and a half in Israel. Not permanently, though. He has leave from the Israeli army for a month...but we'll take it. It's so nice to have all the kids home together. They immediately fell back into their usual dynamic, which is so refreshing!

Ariel primarily came home to celebrate Jonah's Bar Mitzvah. That's coming up on the weekend of December 10. Jonah is working hard to prepare, and we can't wait to celebrate this important rite of passage. Not to worry! I will definitely share pictures!

Daniella had a big week this month when she was featured in yet another theater production at the Jewish Community Center. This semester they produced a wonderful version of the classic *Pride and Prejudice*. My unbiased opinion is that Daniella stole the show!

I hope you all had a wonderful Thanksgiving and enjoy the holiday season!





## Got Headaches? It May be Time to Book an Eye Exam!



If you're suffering from frequent headaches, schedule a routine eye exam, since many common vision problems may be causing those headaches. For some of us, the problem is staring at the computer screen too long. For others, it's working in overly bright or dim light.

Your eye doctor can certainly review your health history, but he or she can also check you for three common conditions that, left untreated, can trigger headaches. They are:

- Astigmatism, in which the cornea is not properly shaped, forcing you to squint in order to focus your vision.
- Hyperopia, or long-sightedness.
- Presbyopia, a condition in which the lens has become hard and inflexible with age, making it difficult to focus.



## Meditation to Combat Holiday Stress



November marks the beginning of the holiday marathon, a stressful time of year for so many of us! If stress has you anxious, tense and worried, consider meditating for a few minutes a day—you'll find yourself feeling more relaxed almost immediately.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that crowd your mind and cause stress. This can benefit both your emotional and physical health. And there are so many different types of meditation, which means you can experiment to find out what works for you!

Try guided meditation, where you form mental images of places or situations you find relaxing, trying to use as many senses as possible, possibly with the help of a teacher. You can also practice, mantra meditation, where you silently repeat a calming word, thought or phrase to prevent distracting thoughts. Finally, you may try movement practices, such as Qi gong, Tai chi or yoga, which combine physical activity and mindfulness to battle stress and boost your overall wellbeing.



## Healthy Snacking Tips for the Rest of the Texans Game Schedule



Our Astros may have lost the World Series—(but how awesome was their run?)—yet the Texans are still playing and deserving of our fandom. Planning on cheering on the team in person or at a watch party? Here's some healthy snacking tips to keep you on track on game day:

### *Before the Game*

Eat a filling and nutritious meal, so you won't be as drawn to splurge on unhealthy snacks. Then, drink A LOT of water before the game, and bring a bottle with you (or buy one) to drink during game time. If you're heading to the stadium, and you're allowed to bring snacks with you, consider packing carrots, apples, and other healthy prepared snacks. If you're going to a friend's home to watch together, offer to bring a healthy option with you.

### *Inside The Stadium (or at a viewing party)*

Walk around to see all the food options, not falling for the first indulgent treat. At the stadium, never order snacks from your seat—instead, get up and walk to a stall to order. That way, you'll earn some extra steps and be less prone to unhealthy impulse buys. Just be sure to skip the sodas (even diet ones) and booze, since these can increase your cravings for sweets, and pack on calories without making you feel full.



### **From the desk of Dr. Andrew Schneider**

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