NOVEMBER 2026

THE NEXT STEP

Tanglewood Foot Specialists
Advanced care with a compassionate touch

Dr. Andrew Schneider

Your first step towards a pain-free life



TAKING EARLY ACTION ON DIABETES

November is National Diabetes Awareness Month, and this year's theme focuses on avoiding serious complications through early diagnosis and preventative care. Here in the office, we consider ourselves to be an important part of your diabetic care team. In the office, we can help you avoid ulcers with regular, comprehensive foot exams. But we can't do this work alone: we need you to perform daily foot checks in your home. Here's what to look for, and how to make sure you're doing a thorough check:

Each day, feel your feet for warm spots, using the backs of your hands. Then, conduct a visual check all over your foot, including the spots between your toes, and use a mirror to see the bottoms of your feet. Take note of any changes, including redness, any blister, or any area that simply looks different than it did yesterday — those are the things we need to know about in the office. When caught early, most of those findings can be safely addressed with a five-minute fix. However, when missed for a period as short as two weeks, they can become a hospitalization—or even an amputation. Need more help with early action on diabetes? Check out these important resources from the World Health Organization, or contact the office to schedule a consultation.

LET'S NOT FORGET MOVEMBER



In addition to focusing on diabetic health this month, raising awareness of men's health issues is also an important part of the November calendar. In the rest of the world, you'll hear a lot about prostate checkups, heart health and more. But here in the foot-verse? We want to make an important request from our male readers: **please, stop wearing your dress shoes without socks!**

Why is this our big request? Men's feet perspire more than women's do. When that happens, the perspiration embeds itself in the leather of your dress shoes, making them stink! The moisture also deforms the shoe, which reduces its useful lifespan. On top of all that, since many men wear the same shoes each day, they never get a break from the perspiration and its adverse effects on the shoes. As a result, wearing dress shoes with no socks can make men's kicks less supportive, increasing your risk for foot pain and heel pain…not to mention stinky feet and fungal infections. Want to help support better foot health for the men in your life? Consider adding funky dress socks to their holiday gift list this year!

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.

HAPPY THANKSGIVING FROM THE SCHNEIDER FAMILY

It's been a big fall for the Schneider family, and we're finishing the year strong!

Daniella had a wonderful Halloween, which is still her favorite holiday, and the Philadelphia cold didn't slow her down one bit. She's home in Houston for Thanksgiving week, and we're thrilled to have her back under our roof.

In big news, Jonah finally got his driver's license! It was a long time coming, and I'm happy to report he's a good driver. Still, buckle up, just in case.

And in even bigger news, Ariel and Hannah are expecting their first child in Israel. That's right: we're going to be grandparents! The baby is due in April 2027, and you can bet we'll be on a plane to be there.

On behalf of my whole family, I wish you and yours a very Happy Thanksgiving. We all have so much to be thankful for, and having you as part of our practice family is near the top of my list.









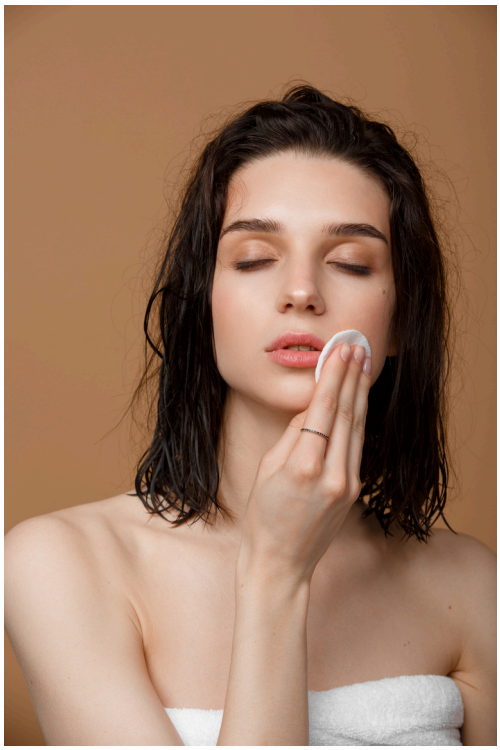
HEALTHY SNACKING TIPS FOR GAME DAYS AND NIGHTS

Are you a major football fan? Well, we are too. But now that there are games to watch on Sundays, Mondays and Thursdays at the least, it's time to put a bit more thought into what we're munching while we watch.

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.

NOW'S THE TIME TO PROTECT YOUR SKIN MOISTURE



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.



SPEND THOSE FSA AND HSA DOLLARS TODAY

Before you make your year-end healthcare plans, it's important to understand the difference between these two accounts.

Flexible Spending Accounts (FSAs) generally follow a use-it-or-lose-it rule. Depending on your employer's plan, you may need to incur eligible expenses before the end of your plan year. Some plans allow a limited carryover or an additional grace period.

Health Savings Accounts (HSAs) work differently. Unused HSA funds generally roll over from year to year, so there is no annual deadline requiring you to spend them.

If you have funds to spare, custom orthotics may be a good option. These are specially designed medical devices that we craft to address weaknesses in your individual foot structure.

They can help with:

- Plantar fasciitis and persistent heel pain
- Flat feet or excessive pronation
- Arch pain
- Certain types of tendonitis
- Foot fatigue and discomfort related to abnormal foot mechanics

Unlike generic inserts purchased at a pharmacy, custom orthotics are designed around your unique foot structure, following a clinical evaluation. For many patients, they can be an important component of a long-term treatment plan. They are a meaningful investment in your foot health, and medically necessary orthotics are generally eligible for HSA/FSA reimbursement. If you've been considering them but putting off the expense, remaining FSA funds may help cover the cost.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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