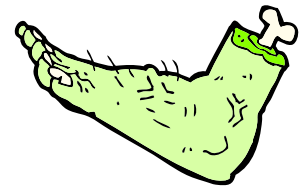


OCTOBER 2021



THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



SPOOKY

Scary Feet Won't Disappear After Halloween

It's the season for ghosts, goblins, zombies, and things that go bump in the night... but what if it's your feet that are really scary-looking this Halloween? So many foot problems can change the appearance of your feet and toes, but they aren't just cosmetic.

First and foremost? Bunions, abnormal bony bumps, that form on the joint at the base of your big toe or baby toe. Your joint becomes enlarged, forcing the affected toe to crowd against the others toes. This puts pressure on your joint, pushing it outward and resulting in pain.

These bumps look awful, and they also make it hard to wear shoes without pain. Not only that, but they get worse over time if left untreated, so the sooner you get your bunion get checked out, the easier it will be to help you feel better.

If you've noticed a small bump forming on your foot, it could be a bunion. So the time to have your foot evaluated is **now**. Call the office right away, so we can begin treatment before that bump gets extra-spooky!

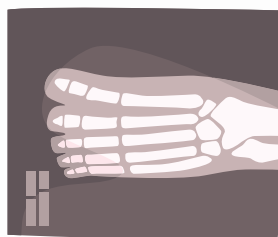


Understanding X-Ray Radiation

Did you know we have an in-office x-ray machine to help diagnose your foot injuries and offer the right treatment plans? It's something we're proud of, but we also know that some of you have concerns about getting x-rays... and radiation. So here's some information that you should find comforting.

Simply by existing on our planet, you receive an annual radiation dose of about 360 millirem. Taking a long flight—think from one US coast to the other, exposes you to an addition 4 millirem dose. (Even eating a banana gives you a dose of 0.01 millirem, since the high potassium levels in this starchy fruit make it naturally radioactive.)

Now, an x-ray exam gives you a dose of about 10 millirem. Meaning, it's slightly more radiation than you get on a long flight. So, while you wouldn't fly—or get an x-ray—every day, the risk of undergoing a medically-necessary, diagnostic x-ray is far lower than that of getting seriously hurt from a missed fracture diagnosis.



The Safe, Effective Way to Clean Bacteria off of AirPods

Unclean AirPods could harbor dangerous



bacteria and viruses, so they need to be cleaned regularly. But, as expensive electronic devices, they can't just be run under soap and water. Instead, follow this simple 4-step cleaning plan.

1. Use a soft, dry, non-abrasive, lint-free cloth
2. Lightly wet the cloth with fresh water, and gently wipe AirPods.
3. Use a Q-tip to clean the mesh on microphone and speakers.
4. Let AirPods dry completely before use



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

Our Youngest Son is in the Spotlight!



When you're a third child, it's pretty easy to get used to being passed by. What was a huge deal for us when we were raising our oldest turned out not to be so important for the youngest. Photo albums, for instance. Our oldest, Ariel, has a library of them. Daniella, our second, has a couple. Jonah, our youngest, well...not even one.

That's all to change in the coming months. Jonah turns 13 and in the Jewish faith he becomes a Bar Mitzvah. He is religiously considered an adult. Leading up to that moment involves a lot of studying for his service. We're in the throws of it now.

Yesterday we hit a milestone when Jonah put on tefillin for the first time. For (most) of you who are unaware of what tefillin are, they are black boxes and leather straps worn on the head and arm during morning services. Inside the boxes are the Hebrew phrase "Hear Israel, the Lord Our G-d, the Lord is One" and the following paragraphs from the Torah, the five books of Moses.

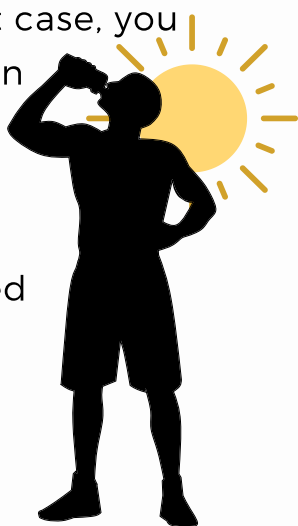
My wife and I were able to join Jonah at morning services at his school to help him, and celebrate with him, as he donned his tefillin for the first time. We are so very proud of him.



Electrolytes: What You Need to Know

Electrolytes are essential minerals in your body. They regulate muscle contractions and keep you hydrated, while balancing your pH levels and even controlling your nervous-system. If you're working out in a hot, humid climate like the one here in Houston, you could lose electrolytes as you sweat. Signs of imbalance include fatigue, headache, nausea, blood pressure changes, muscle cramps, low energy, and simply not feeling well.

How can you tell if you've lost electrolytes? If you notice a white chalky substance on your clothes after a workout, that means you've lost salt—and electrolytes. In that case, you may benefit from an electrolyte-packed sports drink to restore balance and avoid unwanted symptoms.



How to Boo-st Your Halloween Workout

Want some spooky motivation to get your sweat on before trick or treating?

Try adding Frankenstein Walks to your warm-ups!



As a dynamic move, it builds your body temperature while functionally prepping your body for more exercise, something that helps prevent injury. Ready to give it a try? Start in a standing position, then step forward with the right foot and swing the left leg out in front of the body, drawing the right hand toward the left foot. Step down with the left foot and swing the right leg out, reaching the left hand toward the right foot. Repeat this cycle of movement as you walk across the floor. Limited space? No problem! This exercise can also be done standing in place.

Check Out Our E-Books!

Did you know that Dr. Schneider has written a collection of foot health e-books, and you can download them **FOR FREE** on our website? Topics range from preventing running injuries to mastering diabetic foot care, caring for children's feet, beating plantar warts and so much more.



Of course, these valuable resources can't replace an in-office visit if you've got an existing foot problem. But the information inside certainly can help you avoid certain painful problems, or get the information you need to seek early—less invasive—treatment, so we encourage you to browse our virtual shelves today!



From the desk of Dr. Andrew Schneider

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