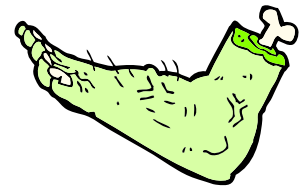


OCTOBER 2019



# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

## Use Up Those FSA Funds!

As we all know, Flex Spending Accounts can be a great way to help cover medical expenses that pop up throughout the year. Unfortunately, for many of us, it is impossible to roll over unused money from one year to the next.

With October upon us, you may have extra, tax-free savings that you need to use...if you don't, you'll lose them. And nobody wants that.

But never fear: allow us to make a smart suggestion. If you have been thinking about investing in orthotics, now is the time to do so. Even if insurance won't cover custom insoles, you can allot FSA dollars to cover the expense. And, in doing so, you can help correct many physical imbalances that can keep you from stopping into our office down the road with new or worsening foot pain.

"I already have a pair of orthotics," you may find yourself saying. Well, guess what? Now's the time to get a second pair. While this may sound extravagant, consider this: you almost certainly own more than one pair of shoes. And having two sets of orthotics means you won't have to keep transferring your insoles from pair to pair. Plus, fewer wears on the original pair means you can extend the shelf life of both sets of orthotics!

So there you have it: you have health savings to spend, and we're here to help you use it wisely (while investing in your long term foot health! If that's not a win for everyone, we don't know what is!

## UPCOMING HEALTH HOLIDAYS

- November 14th - World Diabetes Day
- November 17th - World Prematurity Day
- November 21st - Great American Smokeout (24 hours without smoking)
- November 28th - National Family Health History Day

# HAPPY HALLOWEEN





## It's Flu Season: Time to Get Your Shot!

Every year, the flu kills dozens of people in this country. To protect yourself, and those who are unable to get vaccinated for health reasons, you should get a flu vaccine before it begins spreading in your community. After getting your shots, it takes about two weeks for your body to develop the antibodies that protect against flu, so get vaccinated early in fall is a wise decision. In fact, the CDC recommends that people get a flu vaccine by the end of October. But don't panic if it's not going to make your to-do list this month: getting vaccinated later can still be beneficial, even into January or later.



## Are Dr. Scholls insoles as good as custom orthotics?

There is a difference between a custom orthotic and an insole you can buy off the shelf. Even with OTC insoles, there is a significant difference between them. Some are very flexible and others provide more support with a flexible plastic interior.

Even more confusion occurred when Dr. Scholls introduced their automated kiosk in retail stores and billed the insoles as "custom-fit orthotics." This scanner is simply sizing and grouping your foot type into one of a very few broad categories and then recommend the best generic insole for you. A salesperson is equipped to make the same recommendation.

At Tanglewood Foot Specialists, a custom orthotic is much more! We perform a comprehensive biomechanical exam and gait analysis to learn how efficiently your lower extremity works when you walk and run. We then take a mold of your feet in the most efficient and stable position. The orthotic device is then constructed specifically for you.

If you have tried many insoles that just don't seem to work for you, contact Dr. Schneider to schedule an appointment and see how much better you'll feel when provided the right orthotic.



### How far can you go?

Let us help! Learn more here and start moving toward a pain free life



# Health Risks from Your Pet

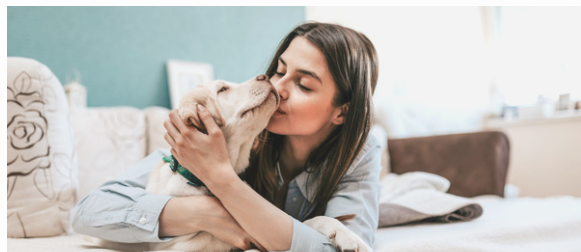
Pets are great—they make great companions, help boost your mood and can even get you off the couch for some much-needed activity. But, while they often boost your health, beware of the potential health problems that can crop up with animals in your house:

## 1. Salmonella

If you've got a dog, you've got dog food...and a higher risk of contracting salmonella! Some processed pet foods and treats carry salmonella-causing bacteria that can make you sick. So handle pet food with care and wash your hands carefully with soap and warm water after every feeding.

## 2. Ringworm

A dog's skin, nails and hair is very vulnerable to a type of fungal infection known as ringworm—and it's very contagious! Since the fungus travels by spores, you may find yourself with an itchy, uncomfortable rash. Fortunately, your doctor can treat this condition with prescription medication.



## 3. Tripping Hazards

Many pet owners, especially older individuals, already have problems walking or maintaining their balance. Beware of small dogs that can quickly get underfoot and trip you, or larger dogs who may jump up and knock you over unintentionally.

**4. Toxoplasmosis** Finally, we can give dogs a break and take a look at cats—specifically cat droppings. In fact, feline feces can carry a particularly dangerous parasite known as a parasite called *Toxoplasma gondii*. If you handle the droppings and come in contact with the parasite, it can make its way to your brain, triggering toxoplasmosis. You are especially vulnerable to this kind of infection if your immune system is compromised, so take careful precautions when cleaning out your cat's litter box.

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



**Tanglewood  
Foot Specialists**  
*Advanced care with a compassionate touch*





## Snowy Getaway

The Schneiders made a quick trip to Winnipeg, Canada to visit family. Even though it was the middle of October (and 90 degrees when we left Houston), there was a SNOW STORM!! Jonah quickly started making snowballs and enjoyed the novelty while it lasted.



## The Ultimate Stuffing Recipe


Thanksgiving is almost here, so we're sharing one course that is safe for your waist...and your diabetic guests:

EatingWell.com's Slow Cooker Apple and Sausage stuffing.

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- Bagged Yellow Onions 3 Lb
- 2 cups chopped celery
- Organic Celery Hearts 1 Lb
- 8 ounces sweet Italian sausage, casing removed and crumbled
- 1¼ teaspoons poultry seasoning
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 pound stale whole-grain bread, cubed (about 8 cups; see Tip)
- 1 large Granny Smith apple, peeled and chopped
- 1 cup low-sodium chicken broth

### Preparation

- 1.Heat oil in a large skillet over medium heat. Add onion and celery; cook, stirring, until soft, about 10 minutes. Add sausage, poultry seasoning, pepper and salt; cook, stirring, until no pink is visible, 6 to 8 minutes more.
  - 2.Transfer to a 5- to 6-quart slow cooker. Add bread, apple and broth; stir to coat well. Cover and cook on High for 2 hours.
- 



# Helpful Tips for Dealing with Dementia

Watching your loved live with dementia can be difficult, but you can still care for and maintain a relationship with him or her. Try these helpful suggestions from Caregiver.org, and remember to ask for help if being the helper becomes a burden.

- Stay positive. Your body language communicates more than you can imagine: work hard to speak to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to convey your message and show your affection.
- Get the person's attention. Limit distractions by turning off the radio or TV, closing the curtains, shutting the door, or moving to a quieter spot. Address your loved one by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep him or her focused.

- Speak clearly. Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice; instead, pitch your voice lower. If you aren't understood the first time, use the same wording to repeat your message or question. If she still doesn't understand, wait a few minutes and rephrase the question. Use the names of people and places instead of pronouns or abbreviations.
- Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. If a choice is involved, try showing your loved ones the options.



- When the going gets tough, distract and redirect. If your loved one becomes upset or agitated, try changing the subject or the environment.
- Respond with affection and reassurance. People with dementia often feel confused, anxious, and unsure of themselves. Further, they often get reality confused and may recall things that never really occurred. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance.



## From the desk of Dr. Andrew Schneider

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family that may benefit from this information.

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