

OCTOBER 2022

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Fight off Scary Feet Before Halloween*

As the temperatures slowly cool and the humidity drops here in Houston, our skin gets dry—add that can lead to some scary-looking cracks on the feet, especially around your heels. When this happens it's unpleasant at best, and for people with diabetes, it's downright dangerous because of the increased risk of foot infection.

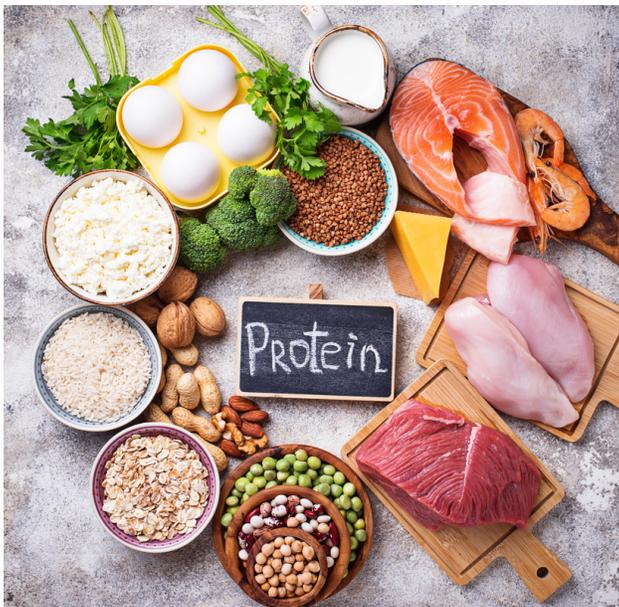
Want to keep your foot skin smooth and healthy? Here are four crucial steps to take right now.

1. Soak feet in warm water with Epsom salts or one of the Tolyclen soaks we now carry in the office. After, slough off dead skin cells with a CLEAN (sterile) foot file.
2. Apply a thick moisturizer to your feet.
3. Drink 8 glasses of water a day (more if you exercise) to keep moisture in your body.
4. Choose well-fitting, flexible footwear to avoid rubbing dry skin and increasing the risk of cracks or other irritation.

Halloween isn't an excuse to have scary-looking feet. Spend this month focusing on the health of your feet's skin, and the only fright you'll get October 31st will be from all those spooky costumes!

## How Much Protein Should You Get Each Day?

How much protein do you need each day? Between 10% to 35% of your calories should come from protein, so someone on a 2,000-calorie diet needs 200–700 calories each day from protein, which translates to about 50–175 grams. The recommended dietary allowance to prevent deficiency for an average sedentary adult is 0.8 grams per kilogram of body weight.



## High Cholesterol and Heart Disease: What You Need to Know

About 38% of American adults have high cholesterol, which puts you at risk for heart disease and stroke, two leading causes of death in this country. Unfortunately, there are often no signs or symptoms for the early stages of this condition, so you can only know you have it by getting your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk for complications.



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

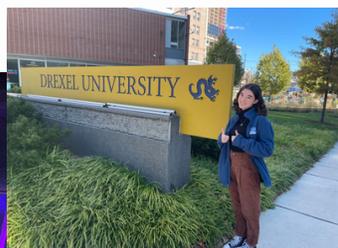
## *A Busy Month for the Schneider Family*

Before I start with my monthly family update, I want to apologize and thank you for your patience in trying to schedule an appointment. Our schedule has become very backed up because of the time I've taken off for the Jewish holidays. It should be easing shortly.

As part of the holidays, we were able to welcome our oldest son, Ariel, and his fiancée Hannah to Houston. We tried not to overwhelm her but made sure she spent quality time with Ariel's siblings and grandparents. We had a small engagement party for friends to be able to wish them well also. After only a few days, they whisked off to New York to spend a few days with Hannah's family. The wedding is set for January 22, 2023.

More recently, Daniella and I took a trip to the northeast to visit some colleges. We visited Drexel University and Temple University in Philadelphia. We also visited Rutgers University. Daniella saw the difference between a city school, like Drexel, and a campus school, such as Rutgers. Now for the applications!

We also took the opportunity to catch a show on Broadway. Daniella and I both enjoy musical theater. She decided to see Beetlejuice. She was interested in the sets and effects, which she felt couldn't be easily replicated if she saw it in Houston. The sets and effects were incredible. In my opinion, the story and music were just okay.





## *What to Do After a Cat Bite*

If you're bitten by a cat, wash the wound for 5 minutes with soap and water, cover it with a sterile dressing, and contact your healthcare professional for immediate advice. A doctor will be able to evaluate the risk of rabies and prescribe antibiotics to treat an infection if one occurs.



## *How Can We Stay Safe at Concerts?*

In spite of serious safety concerns, mosh pits aren't going to disappear from concerts overnight. But there are ways you can protect yourself—or your children—if they're attending a music event involving mosh pits.

- Don't pull someone into the mosh who doesn't want to be there.
- Don't purposely hurt someone.
- Don't throw things.
- Respect the security guys.
- If someone falls over, pick them up!





## *Why You Should Try Family Exercise Sessions*

When the whole family is more physically active together, everyone benefits from helping to maintain a healthy weight, reducing stress, and lowering the risks of heart disease and other serious conditions. And you can find ways to stay active all year round.

Plus, as a family, you'll enjoy some bonus benefits:

- It's Family Bonding Time
- It Builds Teamwork
- It Encourages Healthy Habits for Life



Not sure where to get started? Something as simple as a walk around the block after dinner can set your family on the path to more daily movement—and more togetherness time!

*From the Desk of Dr. Andrew Schneider*



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