OCTOBER 2026

THE NEXT STEP

Tanglewood Foot Specialists
Advanced care with a compassionate touch
Dr. Andrew Schneider

Your first step towards a pain-free life

ARE YOUR FEET EXTRA CREEPY? NOW'S THE TIME TO TAKE ACTION

Tis 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 (or, at 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-creepy!

LAST CALL FOR ZOO BOO FUN

Zoo Boo season is one of the best times of year to enjoy our incredible Houston landmark. So, if you've been waiting to check out all the fall fun at the Zoo, now's the perfect time: from Oct 23-30, the Zoo is offering extended evening hours so you can enjoy all of the seasonal highlights with some bonus evening activities, including: glowing pumpkins, s'mores making and a special, spooky forest. Get your tickets here, before it's too late!

WARNING: YOUR AIRPODS ARE GROSS (AND AN INFECTION RISK)

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

OUR DOC CAN WRITE!

Did you know that Dr. Schneider's 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!

HOW TO CHOOSE A FOOT-FRIENDLY HALLOWEEN COSTUME

Taking the kids trick-or-treating? Make sure that everyone in your party is wearing supportive foot gear. For kids in costume, avoid oversized footwear (like long, pointy witches' shoes) that can lead to rubbing and blisters. High heels, even for princesses, should be avoided as they'll increase kids' risk for foot pain, trips, falls and ankle sprains.

As for the adult chaperones? Steer clear of flip flops or other flat sandals, no matter how nice the weather is that night. Instead, look for comfortable sneakers or walking shoes with lots of arch support. Because, even if you just walk up and down the blocks in your neighborhood, you'll be on your feet for at least an hour or more while the kids get their candy. So, without the padding and support, you might end the evening with swollen, tired and achy feet if you don't make a smarter shoe choice.

TRY THIS HALLOWEEN-THEMED WORKOUT MOVE

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 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.

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!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

tanglewoodfootspecialists.com
713-785-7881