

SEPTEMBER 2020

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



Introducing Swift Treatment for Plantar Warts

Plantar warts are warts that develop on the bottom of your feet. They hurt, and they are really hard to treat...until now! Your Tanglewood Foot Specialists team is proud to announce: we're the first medical office in Houston to offer the Swift treatment for plantar warts.

This is unlike over the counter treatments that take forever. Or even conventional in-office treatments that sometimes leave you with scars. That's because the Swift treatment applies microwaves energy to your wart. This stimulates an immune response. The microwave energy heats up water molecules near your wart, helping uncover the buried wart virus. Once that happens, your immune system can fight that wart on its own.

Here's the even better news: Swift treatments are...swift! With other wart treatments, we never really know how long they'll take. Or even if they'll work. But Swift works in up to 3 treatments, spaced one month apart. It eliminates so much of the frustration associated with treating plantar warts.

The Swift treatment also takes just a few seconds. It does not cause pain. Except for one small moment at the end of the treatment's energy burst. You aren't left with an open wound. There is no scarring. And you don't even need a bandage afterwards. Plus, you have no restrictions after the treatment. You can go for a run or swim. No problem.

If this sounds as good to you as it does to us, come on in and give it a shot! We're here to help you say goodbye to plantar warts!

How to Stay Hydrated Without Water

We all know that drinking water is important for your body.

Especially in the hot Houston weather that's going to stick around for a while.

But did you know that there are other ways to boost your hydration? Check out 5 other ways to get your fluids this long, hot fall:

1. Eat fluid-filled veggies like lettuce and cucumbers.
2. Try fruit too: top choices include sweet treats like strawberries and watermelon.



3. Even coffee can help: a great cup of cold brew is actually 98% water. (But caffeine can make you pee more, which is dehydrating. So drink in moderation.)

4. Choose oatmeal for breakfast. Cooking oats in milk or water means you benefit from the fluids they absorb.

5. Skip the booze—they are dehydrating, since they make it harder for your body to reabsorb fluids.

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



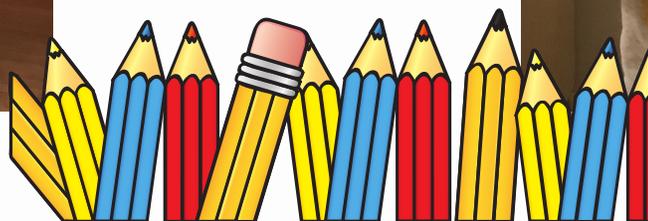
back to School

It's a new school year! Although the year is starting off virtual, we had to get the obligatory first day of school pictures.

Daniella is a sophomore at Bellaire High School. It's her first year there so she's hoping to be on campus sometime soon.

Jonah is starting middle school this year which takes some getting used to. But he's handling it like a champ!

Whether virtual or in person, we wish everyone a successful school year full of learning and friendship.



Helping Kids Stay at a Healthy Weight

Even before the pandemic, many children in this country battled obesity. And, since school and sports were shut down for months, the problem is now even more widespread. Worried about keeping the kids in your life at a healthy weight? Here are some helpful suggestions:



- Focus on healthy eating habits: offer lots of fruits, veggies and whole-grain foods. Choose low-or-non-fat dairy products and lean meats, fish and poultry.
- Limit sugary snacks and sodas to occasional treats, and try to avoid keeping them in the house.
- Keep kids active (shoot for at least 60 minutes each day). Try working family walks into your routine, try out jump ropes course how many times they can climb up and down the stairs each day...every little bit of movement helps, even when options are limited.
- Limit screen time to 2 hours a day or less.
- Focus on sleep...tired kids are more likely to eat more and play less. So try to stick with appropriate bed times and make sure kids are rested.



How far can you go?

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

Time to Get Your Flu Shot!



Even if it's not part of your usual routine, this year is the right time to get your flu shot. Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

The flu and COVID-19 share some similar symptoms. So it may be hard to tell the difference between the two. While it's not possible to say with certainty what will happen in the fall and winter, the CDC believes that flu viruses and the virus that causes COVID-19 will likely both be spreading in the next few months. That's why getting a flu vaccine will be more important than ever this year, for everyone over the age of 6 months. October is a great time to get a flu shot, but if that's not happening, you can still go later in the year to protect yourself and loved ones.



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.

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

tanglewoodfootspecialists.com

713-785-7881