

Long walks on the beach are just one of the non invasive ways we can manage your bunion pain

Let's talk about bunions: they're bony growths that develop on the side of your foot, either at the base of your big or little toe (tailor's bunion.) They tend to run in families, but may develop sooner or at a faster rate as a result of improper footwear. They're painful, they're unsightly and the only way to really get rid of them is with surgery.

But just because you can't cure bunions without an operation doesn't mean you can't manage the symptoms to the point where they barely bother you, if at all. Here are 6 non-invasive ways to deal with bunions:

1. Swap your sneaks

Choosing footwear that is roomy in the toe area will take the pressure off your bunion (translation: less pain) and may prevent the bunion from being pushed into further protuberance. Shoes with good arch support may also relieve pressure from the sides of your feet.

2. Go for orthotics

Low arches and flat feet can contribute to bunion growth; correcting these issues with a custom orthotic may stem the growth of your bunion.

3. Ice, ice, baby

Place a thin cloth over your bunion then apply ice for between 10 and 20 minutes to ease the pain. OTC pain meds may help manage discomfort as well.

4. Some like it hot

For those who hate a chill, warm soaks along with gentle foot massage have also been known to stop the bunion hurt.

5. Get padding

Placing moleskin or felt patches over your bunion and the surrounding area will keep shoes from directly rubbing your sore spots and causing more discomfort.

6. Work it out

Strengthening the muscles that control your big toe may keep your bunion from getting bigger. Try these suggestions: Use your fingers to (gently) bring your big (or baby) toe back into alignment. Hold for 10 seconds and repeat several times; pick things up with your toes; walk barefoot on the sand for toe strengthening and a gentle massage.

The Low Down on Good & Bad Fats

Contrary to popular myths, fat is not the enemy. We need fat to live; in fact, the U.S. Department of Agriculture says 25-35% of our diet should come from fat. BUT not all fats are created equal.



Any kind of fat will have the same amount of calories, but so-called 'good fats' are better for your heart because they are unsaturated—either poly or mono. Polyunsaturated fats, found in items like vegetable oil, can actually help lower cholesterol levels when eaten in moderation. Omega 3 fatty acids, found in certain fish, flaxseed and walnuts, are also great for your heart. Monounsaturated fats, found in olives; avocados; hazelnuts; almonds; Brazil nuts; cashews; sesame seeds; pumpkin seeds; and olive, canola, and peanut oils, not only help your heart, but they can also be a good source of antioxidant vitamin E, a nutrient most of us don't get enough of.

Bad fats, on the other hand, are saturated or trans fat. They are found in animal products and certain vegetable products. Because of their potential to raise cholesterol and possibly increase your risk of certain kinds of cancer, the American Heart Association recommends limiting these kinds of fats to no more than 7% of your total diet!

Mark Your Calendars!

October is National Pregnancy and Infant Loss Awareness Month

October 10 - World Mental Health Day

October 11 - National Depression Screening Day

October 15 - Global Washing Hands Day

October 20 - World Osteoporosis Day

October 21 - National Check Your Meds Day

October 29 - World Psoriasis Day

Is Running Club Right for You? YES

Running clubs are about so much more than exercise. Here's 10 reasons you should join one this month:

1. You can meet new friends with similar interests.
2. You'll receive coaching and motivation from fellow runners.
3. You'll be running as a team, not on your own. There's safety in numbers.
4. Running will become part of your weekly routine as others hold you accountable.
5. You'll receive advice and guidance from fellow members.
6. More experienced runners will be able to coax you past your personal stopping points.
7. You'll be able to help out other runners.
8. You can take part in races as a group.
9. You can share your achievements with other members.
10. You could gain access to exclusive events and races.

Go Take a Hike!

As the weather is slowly starting to cool off, it's a great time of year to explore Houston's numerous hiking options. First, make sure you're prepared: Wear proper hiking shoes. Bring a backpack and fill it with lots of water, plenty of food, sunscreen and sunglasses, a hat, a whistle, rain gear, and a small first aid kit. Now that your bag is packed, check out these 5 fabulous Houston hiking locations:

1. **Armand Bayou Martyn and Karankawa Trails**

With over five miles of hiking trails through a variety of ecosystems, you can explore the prairie, forest and bayou all in one day!

2. **Bay Area Park**

Located southeast of downtown Houston, Bay Area Park offers wooded flagstone trails, a gazebo near an Oasis garden and great views of Armand Bayou.

3. **Brazos Bend State Park**

This state park, just a short drive away in Needville, has a 15.8-mile, dog-friendly, loop trail (just bring your leash as its required.)

4. **Buffalo Bayou Trail**

If you want to stay in town, this 20-mile paved system of hike and bike trails is one of the greenest and prettiest spaces in our city.

5. **Challenger Seven Memorial Park**

Named for the seven NASA astronauts who lost their lives in the 1986 Challenger explosion, its 326 green acres and nature trails are a perfect place for quiet reflection.

National Childhood Obesity Awareness Month

September has been designated as the time to raise awareness of childhood obesity, and for good reason: one out of every five American children is obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. So what can we do about this growing epidemic?

Childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, we're encouraging your family to make healthy changes together!



- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods, and check out our weekly **What to Eat Wednesday** blog for more recipe inspiration!

Eat Your Greens (And Oranges and Reds and Yellows)

Conveniently. September is also a Fruits and Veggies “More Matters” month, reminding us to fill half our plate with fruits and vegetables instead of carbs, processed products or heavy proteins like red meat. In honor of this month, we polled the Tanglewood Team to find out what fruits and veggies they’re digging the most. Here’s what we found:



Edith: Strawberries and Potatoes
Amy: Avocado and Asparagus
Yessica: Mango and Potatoes
Dr. Schneider: Snap Peas and Cherries
Julia: Spinach and Dragonfruit

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Special Edition Sudoku!

6				4	1		
	9	2	5	8			
			2				
5	7						9
				7	4		
6				9	5		
2			1				
		9	3				7

August Answers:

2	9	3	4	6	1	8	5	7
6	2	1	9	8	3	5	7	4
1	6	7	5	9	4	2	8	3
9	5	8	2	4	7	6	3	1
3	1	6	8	2	5	7	4	9
8	7	4	6	3	2	9	1	5
5	3	2	7	1	6	4	9	8
7	4	9	3	5	8	1	2	6
4	8	5	1	7	9	3	6	2

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our September 2018 newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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