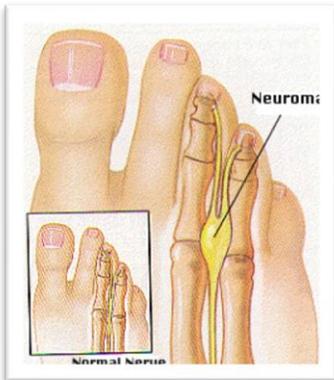


### First Steps to Solving Neuroma Pain

- ➔ Wear wider shoes. Shoes that are too narrow put additional pressure on the nerve and cause more pain to occur. Find the widest shoe that still stays on your foot
- ➔ Anti-inflammatory medication, such as Advil, Motrin, and Aleve, are great in managing this type of pain. Topical anti-inflammatories, such as Biofreeze, are also helpful.
- ➔ When it comes to pain such as this, ice is your friend, not heat. Ice serves as a natural anti-inflammatory. Apply it for 15-20 minutes at a time.
- ➔ Ladies, I know you hate to hear this, but lower your heel height. A high heeled shoe forces more pressure on the ball of your foot, right where the pain is.



### What Is That Pain in the Ball of My Foot?

A common pain that people come into the office concerned about is a pain, often burning, numb, and tingling, in the ball of the foot and into the toes. The most common cause of this discomfort is a Morton’s Neuroma.

A Morton’s Neuroma is a swelling of the nerve that travels between the metatarsal bones. Although it most commonly affects the third and fourth toes, it can occur between any of them. Check out the sidebar to learn about what you can do first to stop the pain.

More advanced treatment for a Morton’s Neuroma may include prescription anti-inflammatory medication or cortisone injections. Custom orthotics help to redistribute the pressure away from the Neuroma. More advanced injections of an alcohol solution can actually shrink the Neuroma. Resistant cases, however, will often require surgery to resolve the problem.

As always, treatment will be most effective when sought quickly. Don’t wait for the pain to interfere with your lifestyle!

Check out videos about neuromas and other foot problems on our website: [www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com)

**More women will suffer from Morton’s Neuroma pain than men. Why? Narrow shoes with high heels and pointy toes take their toll!**

### Foot Factoid

There is the same number of bones in the foot than in the hand. Want to try walking on your hands?

# Health News

## Can You Believe It's Spring?

We're just a hop and a skip away from beaches, pools, and sun! Soon enough all this snow will just be a fading memory and we will be focusing on tanning lotion and sunglasses.

### ✓ Get Healthy

Don't wait until the day before vacation to get that pain or problem checked out. The sooner you get in, the sooner you can get it gone!

### ✓ Pretty Feet

Repair those damaged or fungal toenail with Keryflex. This healthy artificial toenail will make you want to show them off!

### ✓ Get Stretched Out

Be sure to ask us for a referral if you are having any other aches or pains. We have fantastic massage therapists and chiropractors who we work with to make sure you feel good head to toe!

**Get Ready for Summer!**

## Have You Called Your Congressman?

I'm sure you all are following the healthcare bills and debates happening in Washington. How it will ultimately affect you is yet to be seen. I would like to fill you in on one area that will soon affect you or a family member of yours that you can help with.

Due to a faulty system for determining Medicare rates, all health care providers have experienced a reduction in payment of over 20%. In the past, reductions of lesser amounts were postponed by congress, but it has added to the reduction that we are currently experiencing. I am confident that congress will ultimately postpone the cut yet again, however that is not enough.

Please call, write, or email your Senator and Congressman and ask that a PERMANENT solution that is both fiscally responsible and fair to health care providers, be found and implemented. Without this, we are at risk of many doctors opting out of the Medicare program.

If physicians opt out of Medicare, there will be a reduced access to quality health care to those insured by Medicare. It will ultimately cost more to deliver that health care. Solving this problem now will help to continue quality healthcare delivery into the future.

## Product of the Month:

### Formula 3

While it is true that the gold standard for treating fungal nails is an oral antifungal, such as Lamisil, it is important to realize that taking an oral medication is not for everyone and is often made more effective by adding a topical treatment as well.

Since most of the organisms that cause nail fungus reside underneath the nail, applying medication to the top of the nail is an effort in futility unless there is a transport system that will take the medication down through the nail. **Formula 3** has such a mechanism. It is an oil based solution which allows the medication to penetrate through the nail unlike other over the counter preparations which are either water or alcohol based.

**Formula 3** is applied twice a day with the included brush. It is best to then rub the liquid into the affected nails with your fingers. There is no prolonged drying time nor do the nails have to be covered, so you can go about your business immediately.

The company offers a no questions asked **full refund** of the purchase price at **any time** whether the bottle is completely full, half full or totally empty. Whether you have been using the medication for one day or a year, you actually get to try the medication for the full prescribing term and if it does not work, you can ask for a refund. That's what I'd call a RISK FREE OFFER!

# Important News About You!

## Referrals Mean the World To Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

## Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle!

## You Didn't Miss Out!

Due to a change in schedule, there was no March newsletter.

## Did You Know?

Dr. Schneider runs a clinic every Wednesday afternoon at Select Specialty Hospital in the Heights specifically geared to heal foot wounds caused by diabetes and other illnesses. There, he has access to state of the art therapies that help close wounds that have been present for years.

Hyperbaric Oxygen treatments, Ultrasonic removal of unhealthy tissue, and dressings that are made of a sterile, medical honey are some of the advances that we take advantage of. There are even dressings engineered from human tissue that heals even the most stubborn wounds.

If you or someone you know suffers with a foot or leg wound that just isn't healing, have them call our office and we'll get them set up at the Wound Care Center.

## Please Review Us on Google

I don't have to tell you how important the internet is. If you've been in recently, I probably told you about the articles I've written and conferences I've been invited to speak at on the topic of using the internet to communicate with patients. Many of you have connected with me on Facebook, Twitter, and Linked In (If you haven't, please do...the info is on Page 4 of this newsletter)

Did you know that you can write reviews on Google? Not only that...people read them and really care about them. I do all the time! I would appreciate if you took a few minutes to submit an honest review of our services and treatment.

To submit a review, visit [www.google.com/local](http://www.google.com/local) and search for "Tanglewood Foot Specialists". Click on the practice name on the left and it will show us on the map. Click "write a review" and the form will open. It takes 5 minutes, you don't have to leave any personal information, and I will really appreciate the effort!

## *Our April Charity*

For every new patient we see during the month of April, a donation will be made to:



April is National Autism Awareness Month. Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others.

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

[www.autism-society.org](http://www.autism-society.org)

## Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have an April birthday. We have a large patient population with a birthday in April, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

## We're on the Web!

\* If you haven't yet visited our website, it's time to take a look. There's lots of great information, articles, and videos.

[www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com)

## Have You Seen our Blogs?

\*A blog is an online journal. I write a few having to do with all aspects of foot care.

[tanglewoodfootspecialists.com/blog1](http://tanglewoodfootspecialists.com/blog1)

\*A blog for runners:

[www.HoustonRunDoc.com](http://www.HoustonRunDoc.com)

\*A blog focusing on diabetes:

[diabeticfoottips.blogspot.com](http://diabeticfoottips.blogspot.com)

**Tanglewood Foot Specialists  
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Dr. Schneider has written a **FREE** book concerning the many questions surrounding foot and ankle pain. Order your **FREE** copy and be in control of your health...its **FREE!**



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OR

Simply log onto our website

[www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com)

**You can also see Dr. Schneider on YouTube!!**

Click on [www.youtube.com/HoustonFootDoc](http://www.youtube.com/HoustonFootDoc)

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**Expires May 31, 2010**