



Tanglewood Foot Specialists

August 2009 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

AMAZING!

Treating Fungal Toenails

What about the Laser?

Many of you have seen advertisements about the Pinpointe laser and have asked me about the treatment. I have been fully briefed about this and other emerging technologies and would like to explain why I decided not to introduce this therapy into my office.

First, and most importantly, the laser that is currently available has not been approved by the FDA. This does not mean that it is not safe or effective, but I never bring a treatment into the office, especially one as expensive as this, unless the research has been done to prove that it is effective and safe.

There are at least two other laser technologies that are undergoing testing and seeking FDA approval. These companies will not introduce them to the marketplace unless they receive this approval. It seems like the approval process should be complete by the end of the year.

If these lasers are approved and proven to be effective, I'll consider introducing them into the office then. I'll certainly keep you posted!

No More Ugly Toenails!!!!

Wouldn't You Like to Find Out How?

We are excited to introduce in innovative, new technology that will help to return damaged toenails to appear as they were before. Toenails can become thick because of trauma, a fungus infection, or from running or playing sports.

Keryflex was developed to make the appearance of fungus nails significantly better; so much better you do not see the damaged nail at all! In the matter of 15 minutes we can perform a noninvasive, painless treatment that completely changes the whole look of the nail. The whole process is performed in the office and even better, it requires no medication, lasers, or surgery

We understand that it can be embarrassing to wear sandals or go barefoot when you have a fungus nail, or just don't like your runner's toenails, and considering the time of year, it is nearly impossible to avoid. We don't want you to be embarrassed any longer which is why we are offering this new service to you...available for the very first time in Houston, TX! Call us now to set up an appointment to see if this is the right treatment for you!



Back to School Tips for Choosing Your Child's Shoes

Parents are accustomed to their adult feet which are no longer growing. A child's foot, however, grows very quickly and you should check their shoes at least every two months to make sure they still fit. Don't wait for your child to complain that the shoes hurt, it may never happen.

Take your child to have shoes fit late in the afternoon. This will allow for any natural swelling in the feet to have occurred over the course of the day. A visit to a store specializing in children's shoes is also helpful, as they will offer the best selection, will be most likely to have your child's size in stock, and will have salespeople knowledgeable in properly sizing children's feet.

Make sure your child's shoe has laces or Velcro to fasten the shoes. Avoid backless and slip-on shoes for your children, no matter how trendy they may be. When sizing for shoes, both feet should be measured. If one foot is larger, buy a shoe to properly fit the larger foot. Having shoes too large will pose as much of a problem as shoes that are too tight. If your child's heel is slipping up and down when they are walking, that is a sign that the shoe is not right. Remember, do not buy shoes with "room to grow." A shoe should fit properly when you buy them. Also, children should not need to break in a pair of shoes. They should be comfortable from the moment they are put on.

The sole of the shoe is important too. It is important that it is firm enough to provide protection to the foot but it should also be flexible to allow for proper movement. Textured soles are useful to prevent slipping on slick surfaces.

Your child's feet are crucial to their happiness. Kids are built to go nonstop – bundles of energy to run, jump, play, and climb. If you see your child sitting out during a game, or refusing to walk when you are out shopping, don't chalk it up to laziness. First check to see if the shoes are too small. If they're not, consider taking the child to a podiatrist to see if there is anything more you can do to get your child active once again.

Skin Cancer

Skin cancer is the most common of all human cancers. Some form of skin cancer is diagnosed in more than 1 million people in the United States each year.

Cancer occurs when normal cells undergo a transformation during which they grow and multiply without normal controls.

- As the cells multiply, they form a mass called a tumor. Tumors of the skin are often referred to as lesions.
- Tumors are cancerous only if they are malignant. This means that they encroach on and invade neighboring tissues because of their uncontrolled growth.
- Tumors may also travel to remote organs via the bloodstream or lymphatic system.
- This process of invading and spreading to other organs is called metastasis.
- Tumors overwhelm surrounding tissues by invading their space and taking the oxygen and nutrients they need to survive and function.

Skin cancers are of three major types: basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma.

- The vast majority of skin cancers are BCCs or SCCs. While malignant, these are unlikely to spread to other parts of the body. They may be locally disfiguring if not treated early.
- A small but significant number of skin cancers are malignant melanomas. Malignant melanoma is a highly aggressive cancer that tends to spread to other parts of the body. These cancers may be fatal if not treated early.

Product of the Month:



Foot Roller

The Thera-Band® Foot Roller is used to provide temporary relief from pain associated with plantar fasciitis, heel spurs and tired feet. Patients with plantar fasciitis can use the roller as a device to stretch the plantar fascia and increase flexibility. Those experiencing soreness from tired feet will find the massaging benefits of the roller pleasant and therapeutic. In all applications, the Foot Roller can be chilled or frozen to help reduce inflammation.

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.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

<i>Traci E.</i>	<i>Claudia R.</i>
<i>Fielding S.</i>	<i>Ralph O.</i>
<i>Caressa H.</i>	<i>Jennifer G.</i>
<i>Anthony M.</i>	<i>Glenda L.</i>
<i>Susan W.</i>	<i>Shirley G.</i>
<i>Virginia M.</i>	<i>Raymond C.</i>

THANK YOU FOR THESE REFERRALS!

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! **We would like to proudly welcome the following new patients:**

<i>Adam E.</i>	<i>Eloise R.</i>	<i>Lynn B.</i>	<i>Leah F.</i>	<i>Robin F.</i>
<i>Vladimir T.</i>	<i>Tony D.</i>	<i>James S.</i>	<i>Fletcher G.</i>	<i>Michelle P.</i>
<i>Lance Y.</i>	<i>Richard L.</i>	<i>Maria B.</i>	<i>Thomas B.</i>	<i>Carol R.</i>
<i>Stacy M.</i>	<i>Miriam J.</i>	<i>Jin K.</i>	<i>Ann B.</i>	<i>Gerald D.</i>
<i>Martin R.</i>	<i>Raoul F.</i>	<i>Cheryl G.</i>	<i>Kelly B.</i>	<i>Denise C.</i>
<i>Carol R.</i>	<i>Giselle H.</i>	<i>Betty P.</i>	<i>Caroline U.</i>	<i>Mary M.</i>
<i>Rusty M.</i>	<i>Russel J.</i>	<i>Elaine B.</i>	<i>Louise S.</i>	<i>Cheryl C.</i>
<i>Elizabeth S.</i>	<i>Teresa K.</i>	<i>Emily K.</i>	<i>Camille G.</i>	

Thanks for allowing us the chance to serve you!

Our August Charity

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



I have been a physician volunteer at the San Jose Clinic for many years and I can vouch firsthand for this amazing organization

One of the oldest charity clinics in the United States, San José Clinic has provided healthcare to the uninsured since 1922. It is the only full-time clinic in the Greater Houston area dedicated exclusively to serving the uninsured.

You can learn more about this organization and donate by visiting <http://www.sanjoseclinic.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 a August birthday. We have a large patient population with a birthday in August, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

Community News

Parents love it...
Kids hate it...
Get ready for the traffic...
It's time to go...

[Back To School!!](#)

We want to wish all of our patients and their kids a wonderful and successful school year.

Remember: be sure to have your kids wear the right shoes to school. Make sure you check out the article on page 2 to find out what to look for in choosing the right school shoe.

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

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/blog.htm

*A blog for runners:

www.HoustonRunDoc.com

*A blog focusing on diabetes: diabeticfoottips.blogspot.com

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It's quick, easy, and saves TREES!!
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Specialists and become a fan!

Linked in

Search Linked In for: Andrew Schneider

(You can also just click the images if
you're online!)

Dr. Schneider has written a book addressing the many questions
surrounding foot and ankle pain. Order your **FREE** copy and be in
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YOUR'S FREE!

Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
OR
Simply log onto our website
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can also see Dr. Schneider on YouTube!!
Click on www.youtube.com/HoustonFootDoc

10% OFF KERYFLEX NAIL RESTORATION

See for yourself what the excitement is all about!!!

If you don't need this innovative treatment for restoring the healthy appearance to your
toenails, please pass it along to a friend or family member who does.

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Expires September 30, 2009