



Tanglewood Foot Specialists

July 2010 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

What's That Burning Bump?

In general, blisters are raised and often fluid filled sacs of skin, which form in response to excessive heat and friction. In the earlier stage of formation, blisters will be reddened areas of irritation or hot spots. Blisters will have definite burning sensations and will actually be warm to touch. In those cases of continued activity, a clear watery fluid will seep into the area and the outer covering of skin will separate leaving a true problem. New shoes, ill-fitted shoes, and just plain excessive walking can produce blisters in just about anyone.

They can spell trouble. First of all, they can cause debility to such a point that a person cannot walk without pain.

Second, they can become infected. If you suspect a blister is forming, dress the area with an antibiotic ointment and protect it with a bandage. If the blister has already formed, do NOT pop it!

Common Summer Foot Problems:

1. **Footwear-** during the summer season many people forget all about support, even though they tend to increase their activity level. Disneyland, airports, beaches etc with all this walking, your feet need to be supported, and flip flops are not going to cut it. Include supportive footwear into your event planning.
2. **Sunburn-** you may think it sounds funny, but if you've ever experienced it, you know it's no joke! Sunburn on your feet can be extremely painful. Walking on hot sand or concrete can also damage your feet. Always wear sunscreen and never go barefoot.
3. **Heel Pain-** with the lack of supportive shoe wear, your feet can start to develop mild to severe heel pain (plantar fasciitis). In addition, walking on the beach for extended periods of time will only add to the problem.
4. **Fungus and Warts-** walking barefoot in pool areas, public showers, airport security checks etc can leave you susceptible to damaging fungus invading your skin. Make sure you always wear shoes or disposable slippers, especially where there is still water. Similar to fungus, warts thrive in moist, dark areas and invade your skin through small cuts in the skin. Be sure to wear shoes!

It is NOT Normal to Have Foot Pain!!

Some people go through their lives just dealing with excruciating and debilitating foot pain. Why on earth would people continue to put themselves through that?! There are so many new, painless procedures that can eliminate foot pain for good.

Over the past few months, several patients have finally experienced the pain relief provided by the K-Laser. This laser is quick, effective, affordable and painless. It's suitable for all types of foot pain: Ankle sprains, Achilles tendon pain, Heel Pain, Tendinitis, and Morton's Neuroma pain.

Call today to see if this therapy is right for you!

Health News

Summer Health Tips

1. Drink plenty of water.
2. Keep a careful watch on the daily air quality reports. Take a rest or nap. Don't push yourself beyond your physical limits.
3. Wear sunscreen. Stay cool. Wear light, loose-fitting clothing to help you stay cooler.
4. Wear sunglasses.
5. Maintain your energy level by limiting your intake of fat and sugar.
6. Find out which plants will be pollinating in your vacation spot.

Check Out Our New Shoes!!

Shoes don't have to be ugly to be good for you. We're proud to welcome the Aetrex line of shoes into our office. This brand makes quality shoes for both men and women, ranging from casual shoes, to walking shoes, to athletic shoes.

All of the shoes qualify for Medicare's therapeutic shoe program for diabetics...but these shoes are good for everyone...not just our patients with diabetes.

Come on in and check out the display in our reception room!



There's a Fungus Among Us!!

STOP CONTAMINATING YOUR TOOTSIES AT INFECTED SHOES!

We see a lot of people at our office who are suffering from fungus, athlete's foot, warts, and even staph infections! We see these frustrated patients all the time. The story goes like this: we see the patients, we treat their problems, they are so happy and grateful to be problem free....until one day, months later they come back in, miserable and confused. **THE PROBLEM CAME BACK!**

Finally, after years of amazement, we determined the problem. These patients were coming into our office, getting problem free **BUT** they were returning to the same dirty, unsanitary shoes and getting **REINFECTED!**

Stop the vicious cycle!

1. Change your shoes. Each foot is capable of perspiring one cup of liquid per day. Wearing the same shoes each day does not allow them to dry.
2. Use an anti-fungal spray, such as Mycomist when you take off your shoes each day. You also can use other disinfectant means, such as the Steri-Shoe shoe tree.
3. Schedule an appointment at the first sign of a fungus infection of your skin (athlete's foot) or your nails.

Product of the Month:

Mycomist



Fungus is prevalent in Houston, TX because of our hot and humid weather. Add to that the darkness inside your shoes and you have the perfect environment for the fungus to grow and thrive. A couple of sprays of Mycomist in each shoe when you remove them will help to keep the fungus out of your shoes and off your feet.

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!

Did You Know?

The State of Texas prohibits physicians from collecting and using patient testimonials. That's why you don't see any in this newsletter or on our website.

We just can't use them.

In other states, where such a prohibition does not exist, doctors are using both written and video testimonials to introduce new patients to their practice.

Although testimonials aren't permitted on my media, you are able to submit reviews elsewhere on the web. To make it easy, the links below will direct you to two popular review sites.

www.TalkAboutDrSchneider.com
www.YelpAboutDrSchneider.com

Q: How can I prevent sweaty, smelly feet?

A: Your sweaty, stinky feet are embarrassing and annoying...so how do you fix them? Your feet have over 3,000 sweat glands so when you shove them into tight, dark, contaminated shoes it only gets worse. In addition, your dark, cramped shoes breed bacteria which will then cause that stinky odor. Also, some people, unfortunately, inherited a condition known as hyperhidrosis- excessive sweating.

We have many products in our office which will help to not "mask" the odor, but prevent, treat, and eliminate the odor and sweat. Soap, deodorants, lotions, and foot sprays are available to kill the bacteria.

We also have advanced ultraviolet technology that kills 99.9% of the fungus and bacteria in your shoes, which helps to stop the odor in your shoe and on your feet.

Our July Charity

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



Since 1980, the Make-A-Wish Foundation[®] has enriched the lives of children with life-threatening medical conditions through its wish-granting work. The Foundation's mission reflects the life-changing impact that a Make-A-Wish[®] experience has on children, families, referral sources, donors, sponsors and entire communities.

Since its humble beginnings, the organization has blossomed into a worldwide phenomenon, reaching more than 193,000 children around the world.

www.wish.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 July birthday. We have a large patient population with a birthday in July, 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

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

*A blog for runners:

www.HoustonRunDoc.com

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

**Tanglewood Foot Specialists
Dr. Andrew Schneider
1011 Augusta Dr. Suite 202
Houston, TX 77057**

EMAIL ME!

GO GREEN!

Save Paper...Save the Planet!
**Sign up to receive our
newsletter through
EMAIL**

It's quick, easy, and saves TREES!!
Send me an email with your name
to:
info@tanglewoodfootspecialists.com

Follow us on:

twitter

www.twitter.com/HoustonFootDoc

facebook

Search Facebook for: Tanglewood Foot
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 **FREE** book concerning the many questions surrounding foot and ankle pain. Order your **FREE** copy and be in control of your health...its **FREE!**



YOUR'S FREE!

Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
OR
Simply log onto our website
www.tanglewoodfootspecialists.com

You can also see Dr. Schneider on YouTube!!
Click on www.youtube.com/HoustonFootDoc

SUMMER SPECIAL

KILL ALL THE FUNGUS, ALL THE TIME!

25% OFF Steri-Shoe Ultraviolet Shoe Disinfection System

Tanglewood Foot Specialists
1011 Augusta Dr. Suite 202
Houston, TX 77057
(713) 785-7881

www.tanglewoodfootspecialists.com

Expires August 31, 2010