



# Tanglewood Foot Specialists

June 2009 Newsletter

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

## DON'T LET FOOT PAIN RUIN YOUR VACATION

Schools are letting out and summer vacation is coming up. As you're developing that checklist for your trip, be sure to add one thing: Visit your podiatrist.

In a typical day, I'll see lots of patients who have just got home from a trip and are lamenting the fact that they didn't come in for a foot checkup before they left. On Day 3 of their trip a callus or corn started to act up...Pain! A tiny bit of heel pain becomes a major issue from walking in the airport. The little nothing becomes a big something. You get the picture.

A visit to your podiatrist can give you piece of mind, especially with the investment of a big trip. Headed to Europe? Those hard, uneven stone roads will make a small twinge become an unbearable pain quickly. A cruise? Even if you don't think you'll get off of the ship, they're HUGE and require lots of walking.

The sooner you address your foot issue, the quicker it can be resolved. A small pain is much easier to address than one that gets out of control. After three to four days of pain, chances are it is not going away on its own. Save your vacation...address the pain...see your podiatrist before you leave!

## Fungal Nails

Many people suffer from embarrassing toenails. It is estimated that over 11% of the North American population have a fungus or onychomycosis of the nails and it is one of the most common foot ailments. Fungus is a living organism that thrives in dark, moist areas like toenails that are stuffed in sweaty socks all day. Affected toes display a number of uncomfortable symptoms such as yellowish or brownish discoloration, thickening or weakening, and flaky, shedding nails.

There are many ways to avoid a foot fungus.

Considering fungi prosper in dark, wet areas, public places can be a festering ground for an infection. Public showers, pools, locker rooms, are where fungi spores love to live. Always wear a protective shoe when you will be walking in these areas and wash your feet as soon as you are finished.

Wearing cotton socks or socks made from a synthetic material designed to keep the foot dry is recommended to prevent a fungus and help your feet breath. Never share or reuse a towel you use on an infected area. Wearing nail polish is discouraged until the fungus is totally cleared as it may help host the problem as well as contaminate the rest of the bottle.

Since fungus thrives in a hot and humid environment, such as Houston, it is also important to treat your shoes to prevent cross-infection. Using an antifungal spray, such as Mycomist (available in our office), on a daily basis is a simple way to ensure that our feet stay in a fungus-free environment.

# Health News

## Have you seen your feet lately?



## AMAZING!

Let's face it...the bottom of your feet are tough to reach. In fact, after some surgeries, such as hip replacement, you're forbidden from even trying! How are you supposed to check your feet?

The American Diabetes Association recommends that you check the bottoms of your feet every day. This can help to reduce the incredible number of 82,000 amputations each YEAR! To think most of them could be prevented through proper foot care.

The Checkpoint scale is a unique scale that has a mirrored surface to easily allow you to inspect the bottoms of your feet. We're expecting our first shipment in early July and are currently taking orders. Call the office to reserve yours today! The cost goes up on August 1 so act fast!!

Suggested Investment: ~~\$160.00~~

**Limited Special  
Presale: \$140**

## June is Men's Health Month

According to *Cancerpage.com*, an approximate 675,000 American men will be diagnosed with cancer. Sadly, only a little more than half will actually survive the disease. In addition, men have a higher chance of being diagnosed with other cancers such as lung, liver, bladder, and kidney. Along with any health issue, early detection is imperative to increase survival rates. Too many men suffer needlessly by not keeping their scheduled routine exams, doctors are here to help keep you healthy!

Know what questions to ask and what facts to provide to your doctor in order to get the proper health care you need. For example, much of your risk rate depends on your age, ethnicity, and family history. If a particular health issue is common in your family background it is key to be tested regularly for that concern.

"By talking to their doctors about personal health histories, men can cut down their risk for developing cancer," warns Durado Brooks, MD director of prostate and colon cancer for the American Cancer Society. Men should feel comfortable in talking to their doctor about all of their health care needs. Many of these diseases, if found early enough, are treatable; however most cases are found in the later stages simply because people are not communicating with their doctor. Any changes in one's body should be taken seriously and addressed immediately. With any part of the body, what June look like "no big deal" to the average eye June be big concerns to a trained professional.

Lastly, doctors communicate with each other to help educate, train and help each other. If you or someone you know needs help finding a trustworthy doctor, try recommending someone you have had success with or ask a doctor you trust for a responsible reference. Either way you do it, make it a promise to yourself to get a head-to-toe check this June!

## 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.

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>Rosalind Z.</i>	<i>Marion W.</i>
<i>David H.</i>	<i>Otto G.</i>
<i>Yessica S.</i>	<i>Bob T.</i>
<i>Peggy W.</i>	<i>Juliana G.</i>
<i>Gloria C.</i>	<i>Trudy S.</i>
<i>Bonnie A.</i>	<i>Sharon K.</i>

**THANK YOU FOR THESE REFERRALS!**

## Community News

Anyone who has spent time in Houston knows it to be home of the most patriotic people in the country. To celebrate America's birthday, Houston will once again host the Freedom Over Texas festival.

On Saturday, July 4, bring the family to Eleanor Tinsley Park. Admission is FREE. This year's event, saluting Houston's military heroes and honoring the 40th anniversary of NASA's Apollo XI Lunar Landing, will feature the largest land-based fireworks show in the nation, unbeatable entertainment and a lively outdoor festival. Clay Walker is the headliner at 8 pm. For more information visit [www.freedomovertexas.org](http://www.freedomovertexas.org).

## 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>Louise J.</i>	<i>Jessica W.</i>	<i>Everett B.</i>
<i>Tom D.</i>	<i>Neal W.</i>	<i>Rosemary H.</i>
<i>Barbara G.</i>	<i>Mispah T.</i>	<i>Jestin R.</i>
<i>Dorothy P.</i>	<i>Sue H.</i>	<i>Augustine W.</i>
<i>Abigail G.</i>	<i>Natalie D.</i>	<i>Bob C.</i>
<i>Kristin M.</i>	<i>Sue W.</i>	<i>Robert S.</i>
<i>Sean B.</i>	<i>George A.</i>	<i>Sona A.</i>
<i>Tania L.</i>	<i>Sam S.</i>	<i>Jennifer S.</i>
<i>Doug C.</i>	<i>Paula B.</i>	<i>James K.</i>

**Thanks for allowing us the chance to serve you!**

## *Our June Charity*

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



CARE is a leading humanitarian organization fighting global poverty. We place special focus on working alongside poor women because, equipped with the proper resources, women have the power to help whole families and entire communities escape poverty. One of my patients, Jenny Holzaepfel, is competing in her first Ironman Triathlon and is raising funds for this organization, which she is active in. I look forward to donating in honor of our new patients in her name [www.care.org](http://www.care.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 June birthday. We have a large patient population with a birthday in June, 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.blogspot.com](http://tanglewoodfootspecialists.blogspot.com)  
\*A blog for runners: [www.HoustonRunDoc.com](http://www.HoustonRunDoc.com)  
\*A blog focusing on diabetes: [diabeticfoottips.blogspot.com](http://diabeticfoottips.blogspot.com)

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surrounding foot and ankle pain. Order your **FREE** copy and be in  
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**You can also see Dr. Schneider on YouTube!!**  
Click on [www.youtube.com/HoustonFootDoc](http://www.youtube.com/HoustonFootDoc)

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Tanglewood Foot Specialists  
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Referred by:

**Expires July 31, 2009**