



Tanglewood Foot Specialists

June 2010

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

Wishing Linda Well

No one can argue that first impressions are meaningful. How many times have we formed our feelings about a company based on the first phone call? For the past twelve years, I have been fortunate to have Linda Toll as the face and voice of my practice.

Actually, Linda has been with the practice longer than I have! She worked with the previous doctors for over a year before I came on the scene. That transition could have been problematic, but the familiar voice on the phone when patients called made a tremendous difference.

Linda has been dependable, rolling with changes as they came, and I have been fortunate to have her as a sounding board for both office and non-office related matters. I will certainly miss her insights and advice. I am excited for her as she puts herself and her family first.

Linda is looking forward to taking some time off to enjoy her grandchildren and being closer to home. I want to take this opportunity to publicly thank Linda for putting up with me these past 12 years (almost as long as my wife has!) and wish her the best as she moves on to her future endeavors.

What is that Bump On My Heel?

Haglund's Deformity (also known as "pump bump" or "retrocalcaneal bursitis") is a painful enlargement of the back of the heel bone that becomes irritated by shoes.

It normally appears as a red, painful, and swollen area in the back of the heel bone. Women tend to develop the condition more than men because of the irritation from rigid heel counters of shoes rubbing up and down on the back of the heel bone.

Haglund's deformity presents as a red, painful, and swollen area in the back of the heel bone (calcaneus). Patients may also develop pain upon motion of the ankle joint and after activity, due to irritation of the Achilles Tendon. The syndrome usually occurs in females in the 2nd to 3rd decade, due to the irritation of the rigid heel counter of the shoe rubbing up and down on the back of the heel bone.

Dr. Schneider will attempt one of a few simple therapies. In the mild cases, padding of the area may be indicated. Your doctor may recommend alternative shoe styles, including open back shoes. Oral anti-inflammatory medications and cortisone injections may also help to diminish the acute inflammation of the heel. Orthotics or arch supports may also be fabricated to prevent recurring symptoms. Therapy with the K-laser will also help to reduce the inflammation, if needed. If conservative therapy fails, surgery will be utilized to correct this painful condition. Surgery consists of removal of the excess bone.

WARNING!

These shoes WILL cause a Haglund's Deformity (among other problems)

DO NOT WEAR THEM!



Health News

Product of the Month: **Formula 3**

Formula 3 is a topical agent used to treat stubborn [nail fungus](#). Although we highly recommend starting with [Laser Therapy and Keryflex](#), Formula 3 is great to give to our patients so they can proactively treat their nail fungus. With its easy brush on application and no drying time, patients love the convenience and effectiveness of this product. We know it works so well, the company is willing to refund 100% of your money, if you are not 100% satisfied.

The Benefits:

- * Odorless
- * Will Not Stain
- * Absorbs in Seconds
- * Requires No Drying Time
- * Residue Free
- * Will not Blacken the Nail
- * Conditions the Nail & Skin



The Benefits of Laser Therapy

Use Laser Therapy to **FINALLY END YOUR PAIN!**

What is it?

A **quick, affordable procedure** that uses laser technology to draw healing components (i.e. Water and nutrients) to the painful area.

Who should use it?

EVERYONE WITH PAIN!! Everybody with chronic pain will benefit from laser therapy; famous athletes to diabetic patients will see dramatic results.

Where is it available?

Laser Therapy is **ALWAYS** available in **our office**

When should I have it done?

NOW! This **quick, painless, and affordable treatment** will finally help you feel better... the **quicker you get it done, the quicker you feel better.**

How Can You Wear Orthotics **AND Sandals this Summer?**

When I recommend orthotics to my patients, I suggest they wear them in as many of their shoes as possible. Running shoes, no problem!

Loafers...we make it work! Even high heels...not an issue! The one stumbling point is our Houston heat. Everyone loves their sandals! Of course, it's impossible to wear orthotics in sandals, right? Think again!

We are now offering custom Birkenstock and Naot sandals for both men and women that has a custom orthotic built in to them. Now you'll be able to keep your feet cool, but still benefit from the support and function of your custom orthotic...and it couldn't be easier!

All you need to do is schedule an appointment to have a new mold made (it's made by a different company than who made your orthotic) and you choose the style and color of the sandal.

Just give us a call if you have any questions and ask to see some samples when you come in!

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

When Should You Call a Podiatrist?

You should call a podiatrist anytime you experience pain, discomfort, or notice changes.

- You have persistent pain in your feet or ankles.
- You have noticeable change to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness or tingling in your heel, or persistent pain
- You have diabetes or certain diseases

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 the Coeur d'Alene 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

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

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:

news@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

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.**

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

www.fixmytoenails.com

Expires July 30, 2010