



Tanglewood Foot Specialists

November 2009

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

WHAT IS DIABETES?

Diabetes is a chronic disease that affects as many as 16 million Americans. For reasons that are not yet clear, diabetes is increasing in our population to the point where public health authorities are calling diabetes an "epidemic" that requires urgent attention. People with diabetes are unable to use the glucose in their food for energy. The glucose accumulates in the bloodstream, where it can damage the heart, kidneys, eyes and nerves

TREATMENT

If you or someone you know has Diabetes, they would be wise to make healthful lifestyle choices in diet, exercise and other health habits. These will help to improve glycemic (blood sugar) control and prevent or minimize complications of Diabetes. Eating a consistent, well- balanced diet, that is high in fiber, low in concentrated sweets. Regular exercise, in any form can help reduce the risk of developing Diabetes. Activity can also reduce the risk of Heart Disease, Stroke, Kidney Failure, Blindness and Leg Ulcers.



NOVEMBER IS DIABETES MONTH

WHAT CAUSES DIABETES?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. It's important to also be aware of the different myths that over the years have arisen about the causes of diabetes. Eating sweets or the wrong kind of food does not cause diabetes. However, it may cause obesity and this is associated with people developing Type 2 diabetes. Stress does not cause diabetes, although it may be a trigger for the body turning on itself as in the case of Type 1 diabetes. It does, however, make the symptoms worse for those who already have diabetes. Diabetes is not contagious. Someone with diabetes cannot pass it on to anyone else.

FACTS FROM THE AMERICAN DIABETES ASSOCIATION

1. At least 15% of all people with diabetes eventually develop foot problems.
2. Diabetes accounts for more than 187,000 deaths and nearly 60,000 foot and leg amputations annually.
3. Approximately six out of 1,000 people with diabetes will require either foot or leg amputations.

THIS DOES NOT HAVE TO BE YOU!!

*** Keep regular appointments with your podiatrist to help prevent these problems from happening to you. ***

LEADING CAUSES OF DIABETES:

- High Blood Pressure
- High Fat Diet
- High Alcohol Intake
- Sedentary Lifestyle



Holiday Shopping Tips to Save Your Feet

Holiday shopping is not easy on the feet. Not only are you trekking from store to store, but if you have a long list of gifts to buy. What you had hoped would take hours ends up taking days. At the end of the day, you bring home a few unwanted gifts of your own: foot pain and blisters.

The average person takes about 8,000 to 10,000 steps a day, especially when on the hunt for that perfect gift. To help you stay on your feet, here are five holiday fixes:

1. Massage your feet. This will help release tension, increase circulation and rejuvenate the skin. Using a good quality foot cream will help you rejuvenate the skin while working on those sore joints.
2. Soothe your soles. Soak your feet for at least five minutes in a container filled with warm water. Pat dry and apply cream or lotion to hydrate your feet.
3. Elevate legs. Lift your legs above your heart while lying down to help reduce swelling. Feet naturally swell over the course of the day. If you find your feet are swelling in the morning, be sure to mention it to your doctor.
4. Rotate ankles. Cup the foot under the back portion of the heel to brace the foot and leg; turn slowly at the ankle five times. This loosens the ankle joint and relaxes your feet.
5. Point your toes. While standing, do toe raises, toe points and toe curls for five seconds; repeat 10 times. This alleviates toe cramps and strengthens calf muscles.

Take the time to properly care for your feet when you're on the go. And remember...once the shopping is done, the parties begin!

This Holiday Season... Give the Gift of Health



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 staggering 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. Early detection of a problem, especially for people with diabetes is crucial for quick and effective treatment. Can you think of a BETTER holiday gift?



Product of the Month: **Diabetic footwear**

HOW CAN DIABETIC SHOES PREVENT FOOT PROBLEMS?

Poorly fitting shoes and lack of proper foot protection are major causes for ulcerations. If you have a wide or narrow foot, a foot with hammer toes and bunions, or feet that swell, then you are prone to the cuts, bruises and infections that lead to amputations. The shoes that we provide are custom fitted and come with three pairs of custom fitted inserts. These inserts have a special type of foam that molds to your feet and protect against high- pressure areas. Your toes and feet won't be cramped, which protects against infected ulcers. Your shoes will also help heal an existing sore by preventing pressure in that area.

Medicare and many private insurance companies cover most diabetic patients for one pair of diabetic shoes and three pair of inserts every calendar year. If you or someone you know has diabetes but hasn't taken advantage of this limb-saving benefit, call our office for an immediate appointment.

Important News About You!

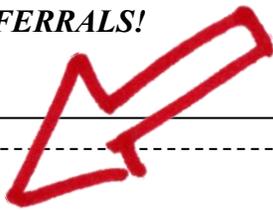
Referrals Mean the World to Us!

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:

Shirley G. Carla O.
Eladio P. Bernice C.
Keith W. Marie H.
Richard L. Jan M.

THANK YOU FOR THESE REFERRALS!



Your Attention Please...

Dr. Schneider will be on vacation between Christmas and New Years this year. We will have one of his top colleagues on call to manage any emergencies.

If you are starting to experience any foot discomfort, please DO NOT WAIT! We routinely become busier than usual as the holidays approach and we want to make sure you get in quickly so you can enjoy your holidays.

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:**

Sylvia F.	Richard L.	Mathias G.	Hervan O.	Carrie P.
Raghda H.	Nancy P.	Calvin C.	Salvador J.	Gina D.
Debra S.	Dennis L.	Janet B.	Sandy H.	Shayna M.
Eric R.	Joyce W.	Marjorie P.	Marshal B.	Carin C.
Christine W.	Emily V.	Rebecca J.	John F.	Amira S.
Julia R.	Brian L.	Sharon P.	Robert H.	Shana A.
	Robert O.	Leann P.	Jonathan K.	

Thanks for allowing us the chance to serve you!

Our November Charity

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



JDRF is the leader in research leading to a cure for type 1 diabetes in the world. It sets the global agenda for diabetes research, and is the largest charitable funder and advocate of diabetes science worldwide.

The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Since its founding in 1970 by parents of children with type 1 diabetes, JDRF has awarded more than \$1.3 billion to diabetes research.

www.jdrf.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 November birthday. We have a large patient population with a birthday in November, 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

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Coming Soon

Exciting things are planned in 2010 for Tanglewood Foot Specialists!! Keep your eyes on your inbox for a series of "Special Reports" on a variety of topics.

As always, be sure to read our monthly newsletter for important announcements.

Follow us on:

twitter

www.twitter.com/HoustonFootDoc

facebook

www.facebook.com/HoustonPodiatrist

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Search Linked In for: Andrew Schneider

You Tube

www.youtube.com/HoustonFootDoc

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!**



Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
OR

Simply log onto our website

www.tanglewoodfootspecialists.com

Get Your Toenails Ready for Holiday Parties!! 10% OFF KERYFLEX NAIL RESTORATION

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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www.fixmytoenails.com

Expires December 24, 2009