

## What Will Happen To Your Flexible Spending Account When The World Ends?

Every year my patients rush to use up their insurance flexible spending accounts by the end of the calendar year.

I imagine the push to get everything in by the end of TIME!!



By now, most of you know that we're in the big countdown...the end of the world is coming! We're not talking about the crazy guy on the downtown street corner end of the world. This is the real deal...the end of the Mayan calendar. May as well not plan past December 21, 2012!

Last summer, my wife and I visited the ancient Mayan ruins of Tulum. I'm no anthropologist, but all signs pointed to imminent destruction: the buildings are hanging on a steep cliff overlooking the beautiful ocean. As the tourists enjoy themselves in their blissfully ignorant paradise, the Mayans have cleared out for safety.

I know the story is the Mayans disappeared from Tulum....I think they just ran for safety in their underground bunkers!!

This is what we're going to do to help...make sure that you have NO foot or ankle pain as you watch the world as we know it crumble.

The end of the year is always a rush to schedule the surgery that you've been putting off. If your [bunion](#) is getting too big or your [neuromas](#) are driving you nuts, it's time to get it taken care of once and for all

Too often, our patients call mid-December and are disappointed to learn that either I, or the surgery center, am booked for the rest of the year. If this rush is typical for the end of an ordinary year...imagine how it will be before the apocalypse!

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### LET'S CONNECT



## Have You Read Dr. Schneider's Book?



Information About Foot Health  
For Your Friends and Family

**Order Your Free Book**



Schedule your [elective foot surgery](#) for a date PRIOR to December 21, 2012 and receive a FREE bandage protector, to keep your bandage dry, and a \$15 iTunes gift card so you can make your own "end of the world" soundtrack.

Not ready for surgery yet? It's time to finally invest in a pair of [custom orthotics](#)! A custom orthotic is a specially designed insole to balance your foot and ankle to make them more stable. An orthotic removes the deforming forces that contribute to the formation of bunions and hammertoes. It also calms the overuse of the ligaments and tendons responsible for heel pain.

Come in for an evaluation for custom foot orthotics PRIOR to December 21, 2012 and receive 25% off all additional pairs of orthotics. Multiple pairs of orthotics are perfect for tennis shoes, running shoes, dress shoes, loafers, and cowboy boots...or just a convenience so you never forget to switch them out. This discount is good for your second, third, fourth, and even your tenth pair of orthotics. Of course, you'll also receive a \$15 iTunes gift card so you too can pick your perfect "doomsday playlist."








The clock is ticking and even we can't stop it! Make sure you march to the end of the world feeling no foot or ankle pain. [Call Tanglewood Foot Specialists](#) at 713-785-7881 AS SOON AS POSSIBLE to be one of the last in this world to experience life without foot or ankle pain. Just tell us that you want to be pain-free before the end of the world...and we'll take care of the rest.

In the immortal words of the legendary music group R.E.M.... "It's the end of the world as we know it...and I feel fine." Make sure you do too!

PS. Just in case it isn't clear enough, this is, of course, "tongue in cheek" and I fully expect to be here helping my patients in 2013 – we will just all be healthier and happier for it

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OUR BLOG  [FEED](#)

## Have You Checked Out Our Online Store?

Dr. Schneider offers top quality products for foot and ankle care, as well as general health items, at his online store. Visit [www.ourdoctorstore.com/schneider](http://www.ourdoctorstore.com/schneider)

## Halloween Dangers For Your Children's Feet!



It's that time of year!!!! Time to find the most spectacular, show stopping, blue ribbon winning Halloween costume! And while we hit the stores to find this outstanding costume for our kid(s), we must not forget the importance of SHOES!

Your [kids' shoes](#) are just as important, as any other safety rule, for this occasion. Here is a list of things to do and look out for while selecting the "right" one.

- 1) Make sure shoes fit properly – not too big or too small
- 2) Laces are tied and not so long they are dragging behind
- 3) If dark in color – make sure you have reflector ribbons or tags tied to shoes
- 4) Wear socks to prevent blistering of the feet & heels
- 5) Make sure garments are not blocking the feet – causing trips & falls
- 6) Shoes are flat with grip
- 7) Beware of heels / platforms for children
- 8) Beware of sandals or open toed shoes – you want to protect the toes
- 9) Beware of no back or slip on shoes – children can slip out of shoes – trip & fall
- 10) But most importantly – make sure they are comfortable

You also want to make sure that you carry your flashlights. Be cautious of cracks and/or holes in streets and sidewalks. Tripping over or into crack / holes can cause a multitude of injuries to your child, as well as yourself. A few examples are ripping of nails (when toes are not protected), rolling of the ankles, sprains, strains and worse case scenario fractures.

We, at [Tanglewood Foot Specialists](#), care about you & your family and we wish you a very safe and happy holiday.

## New CrocsRx Code for Patients/Friends of Tanglewood Foot Specialists

### 20% Off All CrocsRx Online Orders!



Great news for all of you Crocs lovers out there!!! We now offer our patients

the premium CrocsRx brand. This is made of better material, offers better support, and is a great choice to wear in the heat of our Houston summer.



We have partnered with CrocsRx to give our patients and friends of the practice to order from a special website which offers 20% off all products. To access this site and receive the 20% discount, please see the instructions below:

1. Visit [www.CrocsRx.com](http://www.CrocsRx.com).
2. Click on the "Patients" tab on the top of the page, located in the gray shaded area
3. At the top of the next page, enter "40011561" in the field requesting a "Doctor's Code".
4. You will then receive 20% off any CrocsRx and/or Work products displayed on the page that follows
5. Have fun shopping!!!

If you have any questions or concerns, please email us at [info@tanglewoodfootspecialists.com](mailto:info@tanglewoodfootspecialists.com).

## Back to Sports Could Mean Injuries



Fall is here and with the back to school season, comes back to sports for many children. During this time, podiatrists see a lot of injuries from overuse, improper shoes/shoe sizes, and other easily overlooked issues.

[Blisters](#) are caused by friction when shoes and socks rub repeatedly on the skin. Also, if your child is not wearing socks blister can form. Another big cause of blisters is shoes that are too tight or don't fit properly.

[Turf toe](#) is more common among athletes who compete or train on artificial turf, which is where it gets its name. The pain develops in the base of the toe at the ball of the foot. The cause of turf toe is usually due to cramming the toe into the foot from jumping too hard or constant pressure from running on the hard surface. Shoes or athletic footwear may also be to blame.

[Shin splints](#) Shin splints is named for pain to either side of the leg bone, caused by muscle or tendon inflammation. It is commonly related to a collapsing arch, but may be related to a muscle imbalance between opposing muscle groups in the leg. They are usually caused by high impact exercise, improper stretching, or an existing issue like flat feet.

[Heel Pain](#) an increased activity level often start an episode. A change of shoes from well supporting walking or athletic shoes to floppy sandals can do it.

## 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 mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all who have sent us a referral this month.

## Welcome New Patients

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!



## Compound Medications and Podiatry

by Tu-Nhi Ho, Pharm.D.

Just as there is a myriad of podiatry issues that we could possibly encounter throughout our lifetime, there are fortunately many different ways to treat foot conditions. In addition to commercially available products, podiatrists may prescribe compounded medications to their patients to treat a variety of foot disorders.

Many of you may have heard of compounding pharmacies, but are still unsure of the difference between a compounding pharmacy and a traditional retail pharmacy.

Compounding occurs when a pharmacist prepares a customized medication for a patient based on a prescribed formula ordered by the doctor. The process involves mixing raw ingredients together in a sanitary manner to complete the prescription. A traditional pharmacy dispenses a conventional prescription mass-produced by the manufacturer in fixed strengths that the pharmacy purchases from a wholesaler.

Compounding can open the door to endless possibilities because the strengths, dosage forms, and even flavors of medications could be manipulated to maximize the benefits for the patient. A compounding pharmacist may work closely with the podiatrist to help formulate unique combinations to address your foot condition. The pharmacist is also in an excellent position to complement podiatrists in educating patients about proper use of medication and providing self-care tips to prevent further podiatric problems. Some of the different types of compounds that could be made for podiatry include the following:

- Topical anti-fungals for toenails
- Transdermal anti-inflammatory agents
- Skin softeners and moisturizers for [rough or dry feet](#)
- Transdermal treatments for [neuropathic pain](#) (often related to diabetic toes)
- Powders or solutions for excessive foot odor/wetness
- [Wound care](#) treatment
- Anti-virals for [wart removal](#)
- Keratolytic agents to loosen or dissolve excess skin flakes
- Plantar fasciitis treatments

Compounded topical treatments provide many options for the patient and the prescriber to include multiple active ingredients without overloading the liver and kidneys. Topical medications typically produce less adverse reactions compared to oral, systemic medications. In addition, topical therapy targets the problem site directly, which creates faster relief through the affected tissues.

If you would like to learn more about what kind of solutions compounding could offer you, please do not hesitate to contact us at [Admix Compounding Pharmacy](#), 1403 Highway 6, Suite 300B, Sugar Land, Texas 77478, 832-532-311.

