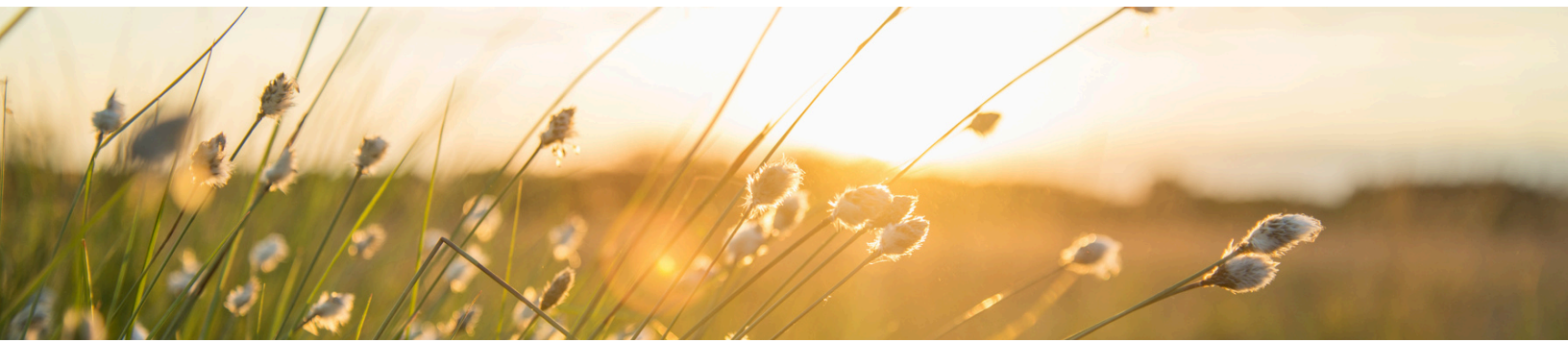


AUGUST 2024

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



WHAT IS SHOCKWAVE THERAPY?

Extracorporeal Shockwave Therapy is a non-invasive treatment that uses low-intensity acoustic waves to increase blood flow to affected areas of your body, speeding up your healing process and helping regenerate healthy new tissue. As such, we recommend using this treatment for musculoskeletal conditions of the foot and ankle. It can help you:

- Avoid invasive surgery, anesthesia and side effects
- Accelerate the natural healing process and tissue repair
- Experience lasting pain reduction

As such, we can recommend this treatment option for patients suffering from:

- Plantar Fasciitis
- Achilles Tendinitis
- Running Injuries
- Morton's Neuroma
- Tendinitis
- Ball of Foot Pain
- Shin Splints
- Ankle Sprains

Interested in recovering from lingering pain in a more natural manner? Just come into the office and ask us for more Shockwave info.

SAY BYE-BYE TO BLISTERS



Did you spend the summer wearing shoes without socks, or slipping around in plastic sandals, and now your feet are covered in painful blisters? Resist the urge to pop them and follow this plan instead. If a blister is small, keep it covered with fresh, clean band-aids, making sure to clean the area regularly to avoid infection.

If your blister drained on its own, you should apply antibiotic ointment to the area and cover it with a bandage, changing the covering daily to prevent infection. However, if the blister site turns red, swollen or starts forming pus, come into the office right away for sterile draining and treatment.

WHY NOT TRY COMPOSTING?

If you're trying to reduce your waste foot print, composting is a great option, and you don't even need a garden to get started. To begin with, bring home a compost bin and line it with a biodegradable bag. (Make sure your bin has a sealable lid that fits tightly.) Now, do your research and find a local service that will collect your bags, or a location where you can drop-off full ones. Finally, if you aren't able to get on a regular collection schedule, know that you can store full compost bags in the freezer to prevent smells or bugs from accumulating before you can have them collected or take them in for drop-off.



END OF SUMMER...START OF SCHOOL

Lots of happenings this month with the Schneider family. Jonah came home from camp and was happy to get his hands on his Xbox. He had a few days before we left for vacation.

Daniella, Jonah, Mirit and I visited Washington, DC. It was HOT, but wonderful. This was Jonah's first time in DC. We visited the memorials, toured the Capitol and White House. We were at the White House the day before the Texas Rangers were going to be there to celebrate their World Series win.

We also visited many of the Smithsonian museums. We enjoyed the International Spy Museum and had our solemn moments at the US Holocaust Museum.

Following that trip, I attended the national meeting of the American Podiatric Medical Association, also in Washington. There, I delivered a well received talk about incorporating AI into medical practices. I caught up with some good friends there too.

Ariel and Hannah are doing well in Israel. Ariel was called back again for reserve duty, which leaves us here with some anxiety. We miss them and hope to see them soon. I appreciate all of your prayers for their safety.

With school (and traffic) starting up again, I wish everyone luck as they return to school. Jonah started 10th grade. Daniella will be starting her sophomore year at Drexel University when she returns to campus in September.



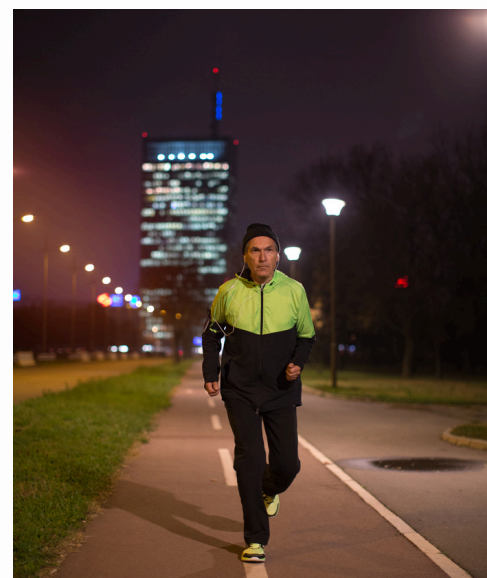
HAPPY INTERNATIONAL DOG MONTH

Our Tanglewood Foot Specialists family are big dog lovers—in fact, if you’ve been with us awhile, you’ve probably received an email from Juju, Dr. Schneider’s beloved rescue dog, who’s been known to send out a few fun notes every so often. Do you have a special dog in your life you’d like to celebrate? Send us a pic to info@tanglewoodfootspecialists.com, including your pooch’s name and some fun facts about him or her, and we might just feature your fur baby on our Instagram or Facebook pages. Or, if you don’t yet have a four-legged friend to celebrate this month, think about adopting a dog from a pet shelter, so you can increase the love in your home while saving an animal in need.



SAFETY PRECAUTIONS FOR WALKING AND RUNNING AT NIGHT

Given our scorching summer weather, it’s a great idea to move your daily walk or jog to the evening hours. But you also have to take extra precautions to make sure drivers can see you on the roads. First, choose bright clothing or even gear with reflective properties. Then, increase your visibility by heading out with a flashlight. Finally, try to choose areas where there are sidewalks, paths or trails, so that you can stay out of the streets and avoid accidents.



ARE YOU A MIDDLE CHILD

On August 12, the world celebrated National Middle Child Day. (Don't worry if you forgot to celebrate...that sort of goes with the territory.) Wondering if you suffer from 'Middle Child Syndrome'? Take this simple quiz to find out!

1. Do you always get what you want for your birthday or holidays?

- a. Yes
- b. Usually
- c. No
- d. People forget to give me gifts

2. Do you ever feel left out from family activities?

- a. Never
- b. Rarely
- c. Sometimes
- d. Always

3. Are you jealous of your siblings?

- a. Not at all
- b. Rarely
- c. Only when they get extra love and attention from our parents
- d. All the time

Answer key: Mostly As and Bs—you've adjusted well to your family position Mostly Cs and Ds—you may be suffering from middle child syndrome. You often feel like you disappear between your siblings. So go out and do something just for you this month—and, when you do, keep Dr. Schneider's middle child, Daniella, in your thoughts!



FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call. tanglewoodfootspecialists.com
713-785-7881