

JANUARY 2025

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



HOW TO FINALLY STAMP OUT ATHLETE'S FOOT INFECTIONS

Athlete's foot is a fungal infection that makes its way into your body through small cracks in your skin. Then, the fungus triggers responses from your body: your feet become red and itchy, and may develop a funny odor, or even drainage. And the infection can cause pain, especially if you develop a secondary bacterial infection.

Now, to treat athlete's foot, you have to get rid of the invading fungus from anywhere it's hiding. But here's the problem: most people who use topical anti-fungal medication only use it until their symptoms clear up even though, at that point, the fungus isn't completely gone. Which means, after you stop using that fungus-fighting medication, your symptoms will return.

At that point, you might think your athlete's foot came back. But the truth is, it never went away in the first place! As such, if you want to clear up your infection permanently, you should use your prescribed anti-fungal medications twice a day, for two full weeks, even if the symptoms resolve earlier. Just keep in mind that, in some cases, topical medications won't sufficiently resolve your infection. At that point, you'll need oral medications, only available with a doctor's prescription. For that reason, coming into the office at the first sign of infection will help you clear up your infection promptly, without fear of the symptoms returning.

DO YOUR ANNUAL FIRE DETECTOR CHECK-IN

The start of a new year is a great time to start new safety routines. So mark your calendars and be sure to check your smoke detectors; if you have older, battery-powered devices, equip them with brand-new ones. If you have hard-wired

detectors, be sure to replace backup batteries once a year, and plan to test their function monthly, making sure that they are properly supplied with electricity.



HOW MUCH SHOULD YOU WORRY ABOUT X-RAYS AND RADIATION

While large doses of radiation can increase your cancer risk, should you worry about the radiation in X-ray imaging? Thanks to modern innovations, radiation levels in X-ray machines are lower than ever—about 0.1 mSv for a typical x-ray. So, while it's worth discussing the necessity of all imaging requests made by your healthcare provider, the radiation exposure involved in a typical X-ray is unlikely to cause complications. Instead, it will likely help your doctor provide a more accurate diagnosis and treatment plan for your current condition.



THE SCHNEIDER KIDS DOING THEIR OWN THINGS

January has been a busy month for all of the Schneider kids. Ariel and Hannah had their second anniversary which they celebrated together in Jerusalem. We were happy that they were together since, because of the war, they were separate for their 1st anniversary.

Daniella spent much of January working on senior and junior sets at Drexel University. Daniella is studying screenwriting and playwriting and gains valuable experience by working on student sets. Its long, hard, and cold work but she loves it.

We were recently notified that Jonah won the Robert M Beren Merit Scholarship at his school. This is the first year that the scholarship was awarded and we couldn't be prouder of his accomplishments. He's also doing great on the basketball team, growing as a teammate and player. But just because he's a teenager, don't think he didn't enjoy the snow!



DRY JANUARY: WHAT COMES AFTERWARD



In recent years, many people have jumped on the Dry January bandwagon, deciding not to drink any alcohol for the entire first month of the year. But what happens after the calendar turns to February? Just recently, the surgeon general announced he wanted to place warning labels on all bottles of alcohol, noting the link between imbibing these beverages and the risk for developing at least seven different cancers. As such, in February and beyond, aim to limit your alcohol intake, making responsible choices for your current and future health.

PICKING YOUR HOME'S IDEAL HUMIDITY LEVEL

While Houston is a humid town, that moisture doesn't carry into the air inside your home. Of course, in the outdoors, humidity—or water—in the air around you can lead to discomfort. But indoors, humidity levels in the home should be set between 40 and 50%, to maintain optimal health and avoid mold growth. Not sure how to control your home's humidity levels? There are monitors that can help. And remember, humidity levels shift with the weather outside, so be sure to check in on your home's humidity whenever there are big swings in the outdoor environment.

IT'S TIME TO TALK ABOUT CARBON MONOXIDE

Each year in this country, accidental carbon monoxide poisoning kills at least 150 people—most recently, former top model Dayle Haddon. To protect your family from this ‘silent killer’ you should install carbon monoxide monitors in the home, and learn to identify the early signs of carbon monoxide poisoning:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness
- Mental confusion
- Vomiting
- Loss of consciousness or muscular coordination



FROM THE DESK OF DR. ANDREW SCHNEIDER

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