

JULY 2024

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



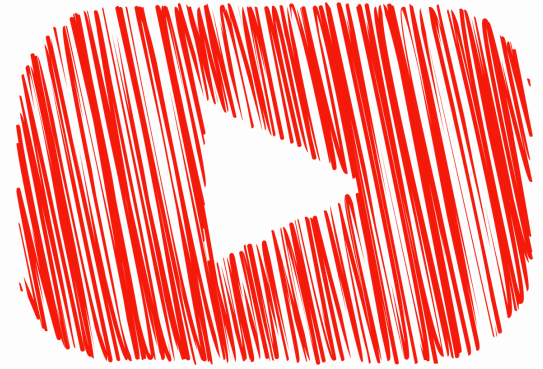
YES! WE'VE GOT SWIFT, YOUR LASTING SOLUTION TO PLANTAR WARTS

Plantar warts, or skin lesions that develop on the bottom surface of your foot, are caused by a viral infection of the human papillomavirus (HPV). They are very common, especially among young adults, and especially in the summer. While they are usually harmless, sometimes they can cause pain or discomfort. And getting rid of them used to be a major pain, too... but no longer, thanks to the arrival of Swift Microwave Therapy in our office!

Swift is an advanced technology used to remove warts safely and effectively--without damaging the surrounding tissues. It works by using low-dose microwave energy to heat up water molecules in the skin, exposing the virus to your immune system. Once the virus has been destroyed, it cannot grow back. And that's why treating your plantar warts with Swift offers both a quick experience and an effective treatment option. During a treatment session, you'll receive two seconds of microwave energy, applied to each wart using a specialized probe. We repeat this process five times. And that's it! There's no bleeding, blistering or bandaging required. One month after your first Swift session, you'll return to have your wart examined. Generally, it takes up to 3-4 treatments with Swift to treat a plantar wart. But we have seen warts go away in just one session, so call the office today to ask about this innovative treatment option!

TUNE IN TO OUR YOUTUBE CHANNEL FOR OUR WEEKLY VIDEOS!

If you haven't yet joined our more than 30,000 subscribers on YouTube, we invite you to visit [our channel](#) and get in on the action! Each week, Dr. Schneider posts a new and informative video, providing valuable information on important foot and health topics, so we encourage you to subscribe today! That way, you'll get notifications every time a new video makes it live, allowing you to be one of the first viewers in the know with the latest updates.



GET AHEAD OF BACK TO SCHOOL SHOPPING

As July turns to August, you may soon be searching for school shoes for the kiddos. Want to win on the style front, and make sure your children's feet are properly protected? Here's what you need to do:



1. Never let your child wear used shoes.
2. Look for new shoes that bend in the toes, but feel stiffer in the heels.
3. Always have your child try on shoes in a store before making a purchase, to ensure proper fit.
4. Go shopping at the end of the day, when feet are at their largest due to normal daily swelling.
5. Don't believe the hype about shoes needing to be broken in—children's footwear should feel comfortable the very first time they put them on.
6. If children will be playing sports on a regular basis, it's probably worth investing a general school shoe as well as sport-specific footwear.

THE SCHNEIDERS ARE ENJOYING THEIR SUMMER

Summer got off to a bang with the May storm and July Hurricane. I hope everyone is doing well and has largely recovered.

Jonah didn't miss a beat. He was in Pennsylvania at camp for the hurricane. This is his final year as a camper and I don't know where the time went. He had a tremendous month in camp with the highlight being a trip to Boston. We're happy he's back home now...his Xbox missed him.

Ariel and Hannah also didn't feel the storm from Israel. They're both finishing up their finals. Hannah was accepted into an internship with one of the top law firms in Israel. We couldn't be more proud of her. I also would like to share the news that Ariel was called back from reserves again and will reenter the IDF in August. We're praying that it is for a short time and he will be safe.

Daniella rode out the hurricane with us at home. Our power was back right before her 20th birthday, complete with an epic party. She's spent the summer working at a day camp and, most importantly, hanging out with her friends.

Mirit and I had a chance to get away after the hurricane. We went to Las Vegas where we saw Dead & Company at the Sphere. If you haven't heard of the Sphere, you should Google it. But understand, no words I write or videos you watch would do it justice. I believe it's the next iteration of experiencing live music. The band sounded great and the visuals weren't to be believed. If you have a chance to see a show at the Sphere, don't pass it up.



HOW TO OPTIMIZE YOUR SLEEP HOURS AND QUALITY

Sleeping well is crucial to your overall health. But getting a good night's sleep isn't just lucky—sleeping better is actually a science. In fact, in order to get enough good quality sleep, you have to carefully control everything from the temperature of your room to the amount of time you spend in bed. But what are those numbers? Most doctors recommend setting the thermostat somewhere between 60 and 67 degrees Fahrenheit, and aiming for between 7 to 9 hours of sleep each night.



END UV SAFETY MONTH ON THE RIGHT NOTE



July has been marked Ultraviolet Safety Month, a time we dedicate to raising awareness about the dangers of exposure to UV rays. After all, in addition to the risk of sunburns, going outside without proper protection can increase your risk for cancer of the skin, lips, and eyes. Plus, it speeds up the aging process and could even weaken your immune system. Want to protect yourself? Always wear a hat with plenty of facial shade whenever you're heading into the sun. And lather up all exposed skin surfaces with a sunscreen that provides both UVA and UVB protection.

PROTECTING YOURSELF FROM SHARK ATTACKS

With the recent news of shark attacks at beaches along the Texas coast, it's more important than ever to protect yourself in the water. First and foremost, follow all posted safety warnings at beaches. Additionally, avoid swimming in murky water, or at times when sharks are more active, such as dawn and dusk.

Staying close to shore can help you escape and reach safety quickly if you do suffer an attack, and steering clear of any areas where people are fishing can also keep you off the sharks' radar. Finally, try not to splash too much, since that can draw the attention of predators. Remove jewelry before swimming, since it can look like fish scales under the water. And consider staying out of the water if you're menstruating or have an open cut, since blood can attract sharks to you.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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