

NOVEMBER 2024

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## ASK US ABOUT ONYFIX!

If you've ever had an ingrown toenail, you know how painful it is. Just wearing a closed shoe can give you pain, but you put up with the pain because you don't want to go through the pain of having your toe numbed to treat the ingrown toenail surgically. Luckily, we have a new, non-invasive nail correction system that is pain-free and easily applied in the office. The Onyfix nail correction system is a completely non-invasive, pain-free solution to treat painful toenail conditions. The principle behind Onyfix is pretty simple. Your nail is widest at its base. For some people, the nail is too wide for the nail bed, which causes the nail to curve as it grows. That develops into an ingrown nail. Applying Onyfix provides the nail support as it grows to prevent it from curving and becoming an ingrown toenail.

But what is Onyfix? It's a composite placed at the base of the toenail. It does not cause any pain to apply. First, we buff your nail to make it easier for the composite to adhere to the nail. The composite supports the nail as it grows. In cases where you're having some acute pain from the ingrown toenail, we may apply another strip or half-strip of the composite about 2/3 down the nail. That gives the nail margin some lift from the soft tissue and helps with the pain. An ultraviolet light is then used to harden the composite.

Here's the best thing. There is no downtime after the Onyfix is applied to your nail. You can immediately resume all normal activities. There are no contraindications for this system, so it can be used if you're diabetic, pregnant or treating a young child. There's no bandaging necessary and you don't have to soak in warm water. Best of all, you can polish your toenails after the Onyfix is applied, as long as avoid gels or shellac polishes. This makes Onyfix perfect for anyone who suffers from an ingrown toenail, so ask us about it the next time you've got a problem!

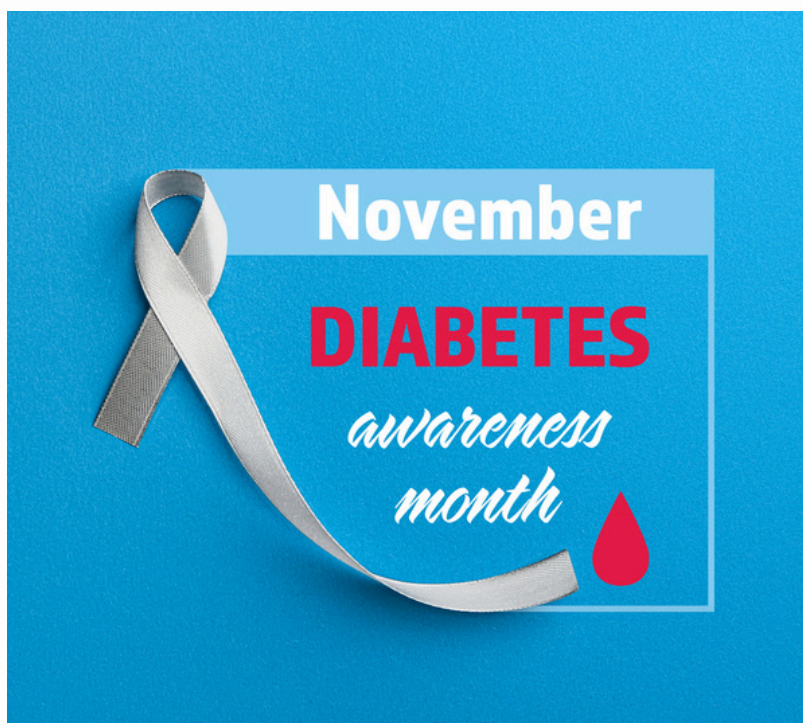
## IT'S SOCK DRIVE TIME!

Help us make a difference! Our office is collecting socks to support a local charity dedicated to helping those in need. Socks are one of the most requested items at shelters, and your donation can provide warmth and comfort to someone this season. Please drop off new pairs of socks at our office during business hours from 12/9-1/31. Together, we can bring a little extra kindness to our community! Thank you for your support!



## ENDING DIABETES AWARENESS MONTH WITH A BANG

November is National Diabetes Month, a time when we try to bring attention to this disease. This year's focus is on taking action to prevent diabetes-related health problems. As you may know, diabetes is a disease that occurs when your blood sugar is too high. It affects about 38 million Americans of all ages.

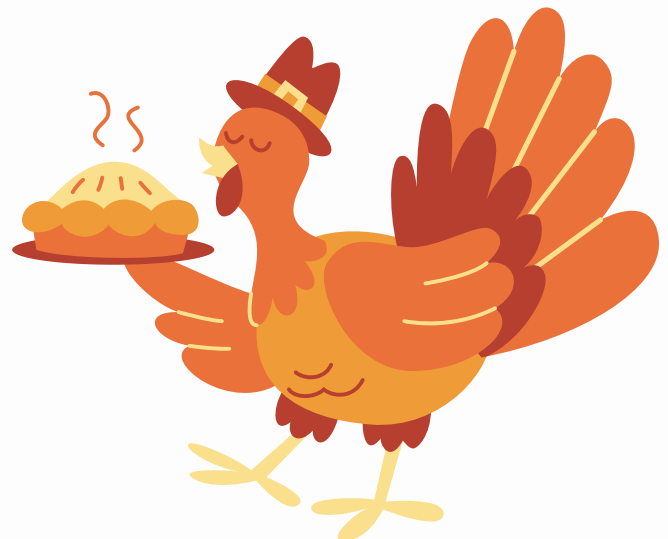


Diabetes can damage the eyes, kidneys, nerves, heart, and, of course, your feet. But here's the good news: taking charge of your health may help you prevent diabetes health problems. And that's why, in our office, we promote daily home foot checks and regular office visits in order to reduce the risk of complications such as neuropathy, ulcers and limb loss.

# THANKFUL

As we all celebrate Thanksgiving in our own ways this month, our team here at Tanglewood Foot Specialists would like to take a minute and share our gratitude for you, our patients. We are truly grateful for every single one of you. Your choice to partner with us for your care is something we do not take for granted. Each visit, conversation, and moment spent with you reminds us of the privilege it is to serve such a wonderful community. We deeply appreciate the trust you place in us to support your health and well-being, and we are committed to continuing to provide the best care possible. Thank you for allowing us to be part of your journey, for sharing your stories, and for being the heart of everything we do. Serving and healing you is the best part of every day in our office, and we are honored that you choose our practice for all your foot care concerns!

HAPPY  
THANKS  
GIVING





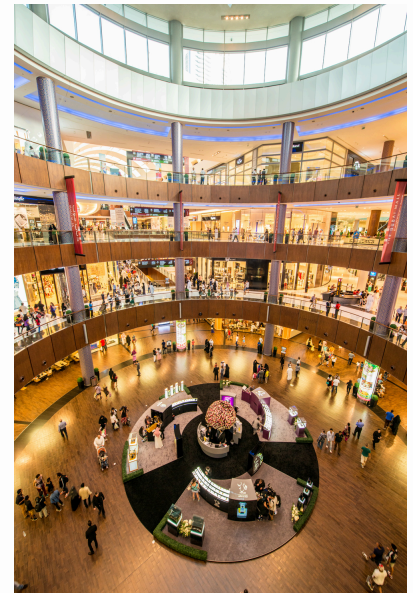
# GET A JUMP START ON HOLIDAY GIFTING

Got someone on your list who deserves a little pampering this holiday season? Want to give thanks to teachers, nurses or others who spend long hours on their feet? Why not pick up one of our soothing Tolyclyen foot soaks in the office! Designed to soothe sore feet and support better foot health, they'll make a welcome gift for almost anyone on your list this year!



# GEAR UP FOR EVEN MORE SHOPPING

For most of us, Black Friday means two things: major turkey hangovers and SHOPPING! Unfortunately a long day walking the mall and waiting in lines can be murder on your feet, especially if you've already put on a little holiday weight. If you want to avoid foot pain on Black Friday and beyond, be sure to wear supportive shoes if you're spending the whole day on your feet. When out in the crowds, keep your head up and away from your phone to avoid tripping hazards that could leave you with sprained or even broken ankles. Make sure to wear custom orthotics for the day if you have them, and once you get home and your fabulous purchases are all tucked away give your feet a break. Sit down with your feet up for a while or, better yet, give those tired tootsies a nice long soak in the tub. Bonus points if you use a Tolyclyen soak (see previous article for more info.)



## EMPHASIZING MEN'S HEALTH

Do you know any men celebrating Movember this month? If you've spotted some extra-special facial hair in recent weeks, you may be wondering why, and here's the deal: each November, many men choose to grow mustaches in order to raise awareness for prostate cancer and other men's health concerns. Each



year, approximately 20,000 men die of prostate cancer, and the mustaches grown are in honor of those who have fought or are continuing to fight this disease. Did you or someone in your household mark this month with epic mustache growth? Be sure to share some of your pics with us—top choices will make it to our social media platforms. Simply submit your 'stache pics to [info@tanglewoodfootspecialists.com](mailto:info@tanglewoodfootspecialists.com)



### FROM THE DESK OF DR. ANDREW SCHNEIDER

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