



OCTOBER 2024



THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



EXPLORING THE REGENERATIVE POWERS OF PLATELET RICH PLASMA

Here in the office, we now offer Platelet Rich Plasma (PRP), a form of regenerative medicine that can treat foot injuries. PRP involves injecting platelets from your own blood into the injured tissue. The process increases blood flow to the injured area. Soon, blood clots form around the site of your injury area, and they help speed up the healing process.

But what is plasma? This is the fluid part of your blood that carries red and white blood cells, stem cells, and platelets. Plasma is also rich in proteins that help your body build new cells. Platelet Rich Plasma is a concentrated form of plasma, with a higher concentration of platelets and proteins. As such, when we inject PRP into your injured foot or ankle, the proteins and platelets help to regenerate the injured tissue. It will help your body recover naturally, while providing medication-free pain relief in the process!

TIME TO SPEND THOSE FSA FUNDS



If you've set up a Flex Spending Account to pay for medical expenses, now's the time to start using up those funds. After all, most FSAs don't allow unused money to rollover into the new year, so October is the right time to use or lose your contributions. Not sure where to begin? Allow us to make a suggestion: get a first (or second) pair of orthotics. Not only can these custom-made insoles restore stability to your feet and prevent bunion progression, they can also provide relief from chronic conditions such as plantar fasciitis and could even improve your athletic performance! So ask us in the office about setting up an orthotics fitting before the year is out.

GET THE WHOLE FAMILY EXERCISING TOGETHER

If your whole family engages in physical activity together, you can work together on your fitness goals while creating strong bonds, exploring the benefits of team work and developing healthy life habits.



Want a good place to begin? Just start simply, by taking a walk around the neighborhood after dinner, translating to more time together and a healthier lifestyle for all.

HOW NICE IT WAS TO BE ALL TOGETHER

This month was special. I previously wrote that the month was full of Jewish holidays. There were many days that I took off to observe them. Some are solemn and others are joyful. Lots of quality time with friends and family.

And then there was the holiday where EVERYBODY was home in Houston. Ariel and Hannah were here for a week from Israel. Daniella came in from college in Philadelphia. Even my parents came in from Florida and my mother in law from Canada.

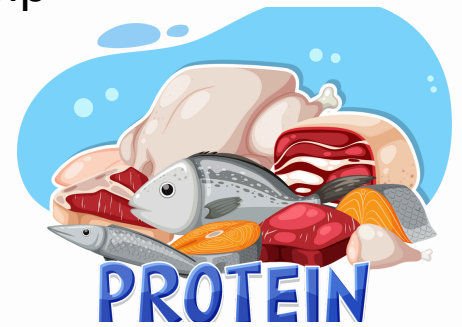
It was a full house, but it was wonderful to have everyone home. The kids all acted like they were kids again, chasing one another around the house.

Now the house is once again quiet, with everyone having returned to their corners of the world. But the memories will certainly last.



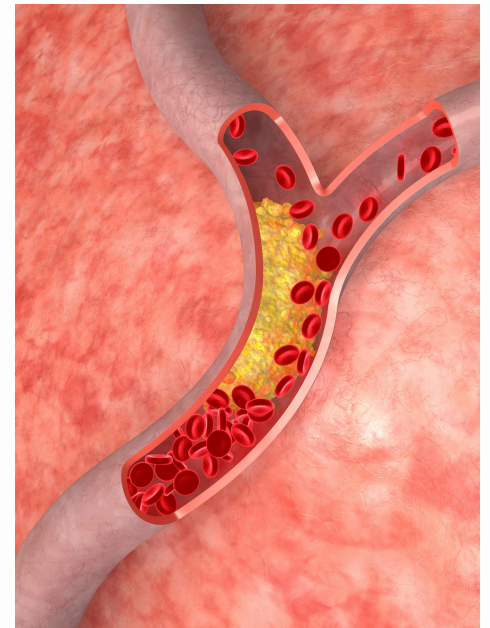
ASSESSING YOUR DAILY PROTEIN INTAKE

We hear so much about how protein can help your diet goals, but how much should you actually eat each day? Ideally, you should aim for making 10% to 35% of your calories come from protein. What does that look like in real life? If you're on a 2,000-calorie diet, between 200 and 700 of your daily calories should come from protein, translating into approximately 50–175 grams each day.



THE CONNECTION BETWEEN HIGH CHOLESTEROL AND HEART DISEASE

Did you know that around 38% of American adults have high cholesterol? And elevated cholesterol levels increase your risk for strokes and heart disease, two of this country's leading causes of death. While that fact is scary enough, here's a bigger concern: early stages of heart disease typically go unnoticed, so getting your cholesterol checked regularly is the best way to prevent negative health outcomes and protect yourself from a surprise heart attack.





WHEN CAT'S ATTACK: FOLLOW THIS ACTION PLAN

If you get bitten by a cat, spring into action right away. Start by washing the wound for 5 minutes, using warm water and soap. Once the wound is cleaned, cover it using a sterile dressing, then contact your healthcare professional and ask for further advice. It's important to see your doctor to evaluate the risk for infection and the need for antibiotics.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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