

DECEMBER 2023

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

HAPPY NEW YEAR

## *When Should You Get a Bunion Checked Out?*

Did you notice a small bump on the side of your foot a few months ago? But now it looks a little (or a lot) bigger? Are you wondering if the change is all in your head? Unfortunately, it's not!



You see, a mild bunion becomes a moderate, then a severe bunion, unless you seek treatment. Why? Bunions form due to unstable foot mechanics that cause your bone to rotate outwards, forming a bump beneath your big toe joint, or beneath your baby toe. (Called a bunionette or tailor's bunion.)

Since bunions grow because of instability, your bone will keep rotating—and your bunion growing—unless you correct that instability, typically through the use of custom orthotics, shoe changes and other minimally-invasive treatment options. So, if you want to keep the bunion you have from getting bigger and more cumbersome, and you want to find bunion relief without the need for surgery, you should come into the office to check out that bump just as soon as you notice it forming.

## Help End Medical Debt This Holiday Season

We wanted to highlight **RIP Medical Debt**, a charitable organization worth supporting.

Here's how it works: When you make a donation, the organization uses data analytics to pinpoint the debt of those most in need. Then, it buys medical debt at a steep discount, in bundles, so that each donation relieves about 100x its value in medical debt.

And after that? **People across the country get to receive letters informing them that their debt has been erased.** They have no tax consequences or penalties to consider. Just like that, they're free of medical debt, thanks to your partnership and assistance. Learn more at <https://ripmedicaldebt.org/>.

## Support Our Sock Drive Now until January 15th

Help us spread the warmth this holiday season! Support our sock drive, benefitting Star of Hope, by dropping off new, unopened socks at our office, or at any of the 7 Houston area Fleet Feet stores. It's the perfect way to make a meaningful impact this winter!

DONATE NEW UNUSED SOCKS  
TO THOSE IN NEED  
Benefitting: **Star of hope**

**SOCK DRIVE**

December 1 - January 15  
Donate at:

**Tanglewood Foot Specialists**  
Advanced care with a compassionate touch

**FLEET FEET**  
HOUSTON

Tanglewood Foot Specialists will match  
all sock donations



# A Look Back at 2023

For my family, 2023 was a bittersweet year. It started with an explosion, when our oldest son, Ariel, married Hannah in January. It was an amazing celebration and to do it with them in Israel was incredible.

Daniella graduated from Bellaire High School and started at Drexel University. I'm happy to report that she excelled in her first term and is so happy with her choice of schools. We had a chance to go to Philadelphia recently for family weekend. It was amazing to see her in her new natural habitat.

Jonah also found a new love...a sport called bouldering. It's rock climbing, but without a harness. He's become really good and very strong from climbing at least twice a week. We're glad he's found something he's passionate about.

We have personally been affected by the war in Israel. After the attack by Hamas on October 7, Ariel was called up to return to the Israeli army as a reservist. He returned to the army on the day that he and Hannah were supposed to leave on their honeymoon in Cypress.

And that's where we end the year. Uncertainty. Not knowing when we'll be able to visit our kids in Israel. Not knowing when Ariel will start university, which is what he is supposed to be doing now.

From my family to yours, I pray for a peaceful 2024. I hope it brings you everything you would like it to.



# *This Year, Make Resolutions You Can Actually Keep*

It's that time again: New Year's resolution time! And this year, we're here to help you set goals you can actually achieve!

Sound impossible? It's really not. Maybe you have one thing you want to focus on next year; perhaps there's a long list you have to tackle. Either way, here's a plan to help you finish what you start:



First, make **ATTAINABLE** goals. Don't bite off more than you can chew, since doing so will become overwhelming and deter you from following through! Next, work on one resolution, goal or habit, at a time. But be **REALISTIC** – It takes most people an average of 3 weeks to make a new routine a habit, so don't beat yourself up if you slip a little in the first few days! Finally, be **ACCOUNTABLE** --Create a chart or plan to help guide yourself through every step you must complete to achieve your goal or meet your resolution. And don't forget to celebrate even small achievements along the way, in order to preserve that **MOTIVATION!!!**

## *Sleep and Alcohol: What's the Connection*



While drinking may cause you to feel drowsy, alcohol actually causes insomnia. After a few hours of sleep, alcohol can cause you to wake up and have a difficult time going back to sleep. Alcohol also has a negative effect on Rapid Eye Movement (REM) sleep, meaning you'll feel less rested after a night in bed. Want to preserve your rest this holiday season? Limit alcohol intake, especially close to bed time, and watch how much better rested you feel!



## *Maintaining Mental Health During the Holidays*

Getting through the holidays can be stressful. Want to enjoy this time of year without all the stress? Here are some tips to make it through without sacrificing your mental well-being:



- 1. Get Some Sun!** Actually go and stand in that sunlight, since it boosts your body's serotonin production, helping boost your mood.
- 2. Take a Walk.** The repetitive motion of walking helps calm your brain, counteracting anxiety and helping improve the sleep quality!
- 3. Just Say No.** Turn down at least one request this season, to take control of your time and make the holidays feel more manageable.
- 4. Find a New Tradition.** If old holiday rituals leave you feeling sad or down, try embracing a new tradition this season. Learn how other cultures mark this time of year, or invite over a group of friends or colleagues to begin a new holiday tradition.

### *From the Desk of Dr. Andrew Schneider*



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