

FEBRUARY 2024

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



INTRODUCING: THE PAIN-FREE INGROWN TOENAIL SOLUTION

For years, getting an ingrown toenail was tremendously painful. But treating it could also be uncomfortable, requiring numbing shots and an in-office surgical procedure. Today, however we have a better solution: **Onyfix!**

We apply this new, non-invasive nail correction system easily, right in the office. Once applied, the Onyfix nail correction system painlessly and effectively treats ingrown toenails (along with involuted nails, pincer nails, and split nails) without injections or surgery. Instead, it works on the principle that ingrown nails curve as they grow, because the nail is too large for its bed.

Yet your nail is widest at its base. So, when you apply the Onyfix composite at the base of the toenail, it supports your natural nail as it grows, preventing it from curving and becoming an ingrown toenail. Afterward, there's no downtime and you can get right back to normal activities. So, if you're ready to say goodbye to ingrown nails, without the pain or hassle, call the office and ask us about Onyfix today!

READING TOGETHER: YOUR NEW FAVORITE FAMILY ACTIVITY

In the midst of a busy day, one simple way to spend more time together as a family is to read in unison—either next to each other, or out loud to one another. Here are three simple ways to create a family reading routine:

1. **Find a daily time to read** - Whether it's at the breakfast table, just before bed, or right after school, pick a convenient time for your family and dedicate it as reading time.
2. **Make it a joint effort** - Try picking one book and have each family member read a page, or read aloud to your kids and ask their opinions after each chapter or scene. This helps create a more interactive experience.
3. **Or read independently** - Get each family member settled in their favorite reading spot and devote time to turning pages. Afterward, you may wish to discuss each person's favorite scenes or characters.

Why choose reading as your family activity? Reading is a lifelong skill that can help spark your children's imaginations, while giving you the opportunity to learn, share, and grow together!



A WHIRLWIND OF A TRIP

As many of you know, I had the opportunity to visit my son Ariel and daughter-in-law Hannah in Israel. I was there for six days and went on an initiative called “Operation Hug.” This brought parents of soldiers who don’t have family in Israel to come and visit them.



Whether you see your soldier is hit or miss. I heard some heartbreaking tales of parents going to Israel and being able to spend little or no time with their kids. I was very fortunate. Ariel was on his way to being discharged from the reserves and I was able to spend the entire time with them.

On the surface, life in Israel is moving. People are going to school and work. Restaurants are pretty full (we had some great meals). Overlying this semblance of normalcy is a deep feeling of anxiety and yearning that the remaining hostages be returned. In fact, as you walk down the almost empty hallway of the airport, it is lined by posters of the remaining hostages.

I didn’t take many pictures this trip. It wasn’t that kind of trip. But I’m happy to share a couple with you.



PREPARING FOR THE TIME CHANGE

In just a few weeks, we'll spring forward, wreaking havoc on many of our sleep schedules. In order to help your body get ready for the shift, gradually adjust your schedule.

You can get ready to “spring forward”

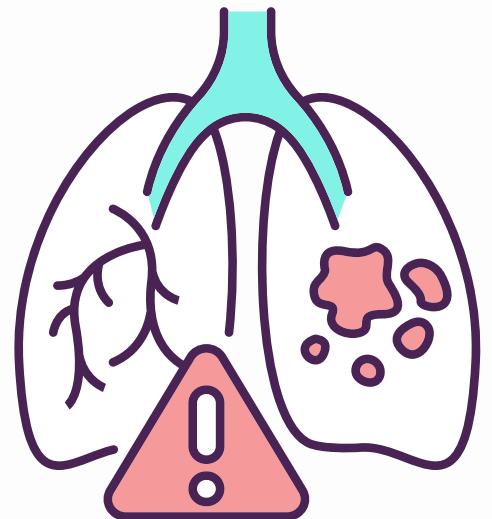
in March by gradually shifting your schedule in the week leading up to the time change. The American Academy of Sleep Medicine suggests going to bed around 15-20 minutes earlier each day in that week, while gradually adjusting forward the timing of other daily activities, such as meals and exercise. By making these changes gradually, over the course of a week, instead of suddenly and overnight, you can help your body acclimate and avoid a jarring shift to your schedule.



TOP 10 MOST COMMON HEALTH ISSUES CAUSED BY SMOKING

Need a reason to quit? Here are 10 diseases that smoking can cause. By quitting, you immediately reduce your risk for each one!

- Chronic obstructive pulmonary disease (COPD)
- Cancer
- Heart disease
- Stroke
- Lung disease
- Diabetes
- Emphysema
- Chronic bronchitis
- Tuberculosis
- Rheumatoid arthritis



WHY YOU SHOULD STOP SMOKING RIGHT NOW

You may think that you've smoked too long to enjoy any benefits from quitting.

But here's some news that should convince you now is the time to quit:

Within six hours of quitting your heart rate will slow and your blood pressure will become more stable. Within one

day your bloodstream will be almost nicotine free, the level of carbon monoxide in your blood will have dropped, and oxygen will be reaching your heart and muscles more easily. Within one week your sense of taste and smell may have improved.



Within three months you will be coughing and wheezing less, your immune function and circulation to your hands and feet will be improving, and your lungs will be getting better at removing mucus, tar, and dust. Within six months your stress levels are likely to have dropped, and you are less likely to be coughing up phlegm. After one year your lungs will be healthier and breathing will be easier than if you'd kept smoking.



FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

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