

FOOTPRINTS

AN INFORMATIONAL NEWSLETTER FOR PATIENTS OF APMA MEMBER PODIATRISTS

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FALL EDITION

YOU CAN OUTSMART DIABETES



DIABETES AFFECTS THE LIVES OF MORE THAN 29 MILLION PEOPLE IN THE UNITED STATES, AND MORE THAN EIGHT MILLION DON'T EVEN KNOW THEY HAVE THE DISEASE

YET. DIABETES IS THE INABILITY TO MANUFACTURE OR PROPERLY USE INSULIN, AND IT IMPAIRS THE BODY'S ABILITY TO CONVERT SUGARS, STARCHES, AND OTHER FOODS INTO ENERGY. THE LONG-TERM EFFECTS OF ELEVATED BLOOD SUGAR (HYPERGLYCEMIA) CAN LEAD TO SERIOUS DAMAGE TO THE EYES, HEART, KIDNEY, NERVES, AND FEET.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care, and careful management at home, you can help outsmart diabetes! Many people avoid the most serious complications and enjoy a full and active life.

YOU CAN OUTSMART DIABETES

WITH TODAY'S PODIATRIST

Today's podiatrist plays a key role in helping patients manage diabetes successfully and avoid foot-related complications. Podiatrists are highly trained physicians and surgeons focusing on the foot and ankle and should be an important part of your diabetes management team.

FAST FACTS

- 1 More than 65,000 lower limbs are amputated annually due to complications from diabetes.
- 2 Including a podiatrist in your diabetes care can reduce the risk of lower limb amputation up to 85 percent.
- 3 Inclusion of care provided by podiatrists for those with diabetes will save our health-care system as much as \$3.5 billion per year.
- 4 Almost 28 percent of people with diabetes don't know they have it.

Courtesy of FLAHERTY AND FLOREK FOOT CARE | Dr. Lori Flaherty & Dr. Derek Florek
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MEMBER
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AMERICAN PODIATRIC MEDICAL ASSOCIATION

TAKE CONTROL



INSPECT FEET DAILY.

Check your feet and toes every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration.

WEAR THICK, SOFT SOCKS.

Avoid socks with seams, which could rub and cause blisters or other skin injuries.

EXERCISE.

Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.

HAVE NEW SHOES PROPERLY MEASURED AND FITTED.

Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes.

DON'T GO BAREFOOT.

Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes.

NEVER TRY TO REMOVE CALLUSES, CORNS, OR WARTS BY YOURSELF.

Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes.

SEE TODAY'S PODIATRIST.

Regular checkups by a podiatrist—twice per year—are the best way to ensure that your feet remain healthy.

EVALUATE YOUR RISK

PODIATRISTS PLAY A KEY ROLE IN THE EARLY IDENTIFICATION AND TREATMENT OF FOOT PROBLEMS IN PEOPLE WITH DIABETES. IF ANY OF THE STATEMENTS BELOW APPLIES TO YOU, MAKE AN APPOINTMENT WITH A PODIATRIST TODAY. YOU MAY HAVE AN INCREASED RISK OF FOOT COMPLICATIONS.

- Numbness in the feet or toes.
- History of foot ulcers.
- Foot deformity.
- History of tobacco use.
- Prior amputation.
- Documented diabetes for more than 10 years.



Visit www.apma.org/diabetes to learn more and find a podiatrist near you.

DOCTORS OF PODIATRIC MEDICINE ARE PODIATRIC PHYSICIANS AND SURGEONS, ALSO KNOWN AS PODIATRISTS, QUALIFIED BY THEIR EDUCATION, TRAINING, AND EXPERIENCE TO DIAGNOSE AND TREAT CONDITIONS AFFECTING THE FOOT, ANKLE, AND RELATED STRUCTURES OF THE LEG.



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