

Where Can You Learn More About Your Feet?

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- Find a podiatrist near you.
- Download a patient checklist to help you prepare for a visit with a podiatrist.
- Use the glossary of foot health terms and find information to help you understand and care for your feet.
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American Podiatric Medical Association (APMA)

APMA is the leading resource for foot and ankle health information and is dedicated to promoting excellent foot and ankle health, member service, and professional excellence. If you would like more information about APMA, please visit www.apma.org.



TODAY'S Podiatrist TALKS ABOUT:

Diabetes

www.todayspodiatrist.com

Diabetes:

Startling Statistics

Diabetes affects the lives of nearly 26 million people in the United States and nearly seven 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, a person with diabetes can avoid the most serious complications and enjoy a full and active life.

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 Fact: *More than 65,000 lower limbs are amputated annually due to complications from diabetes.*

Fast Fact: *Including a podiatrist in your diabetes care can reduce the risk of lower limb amputation up to 85 percent.*

Diabetes: Today's Podiatrist

Because diabetes is a disease affecting many parts of the body, successful management requires a team approach. Today's podiatrist is an integral part of the treatment team and has documented success in preventing amputations. The keys to amputation prevention are early recognition and regular foot screenings performed by a podiatrist, the foot and ankle expert.

Diabetes Warning Signs:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel

Diabetes: Take Action

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.

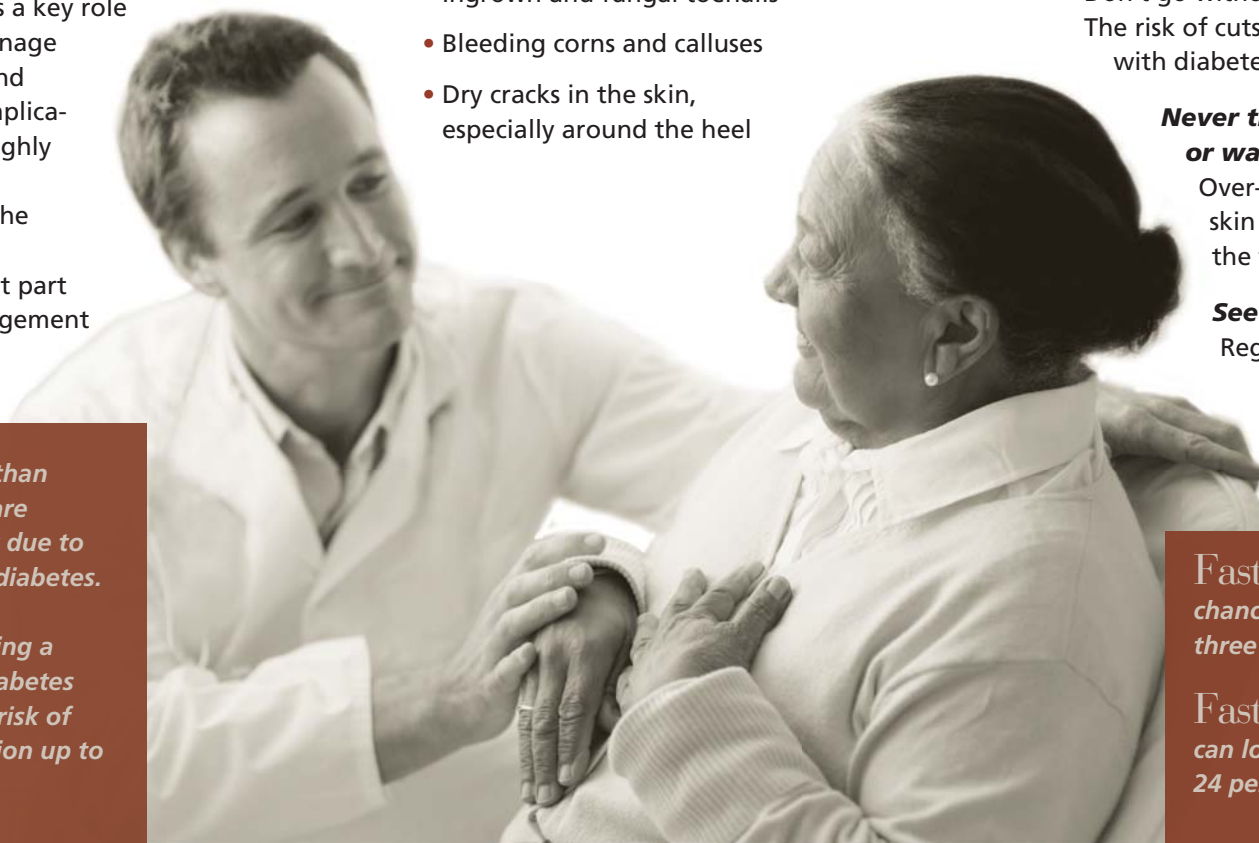
Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes.

See today's podiatrist.

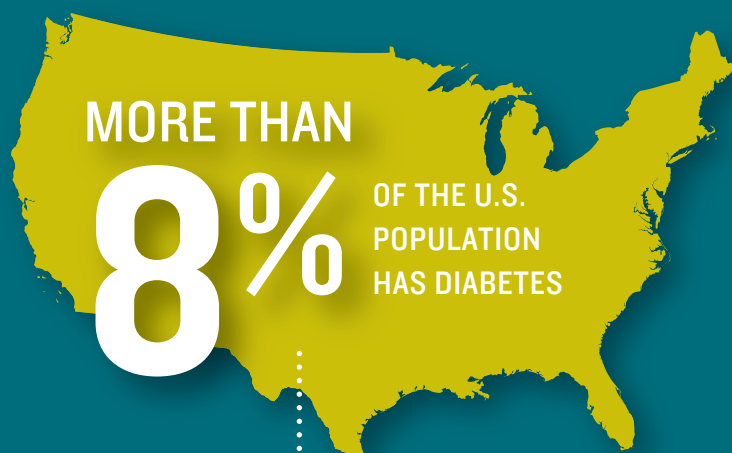
Regular checkups by a podiatrist—at least annually—are the best way to ensure that your feet remain healthy.

Fast Fact: *After an amputation, the chance of another amputation within three to five years is as high as 50 percent.*

Fast Fact: *Care by today's podiatrist can lower the risk of hospitalization by 24 percent for those with diabetes.*



DIABETES BY THE NUMBERS




TOTAL: 25.8 MILLION PEOPLE

- **DIAGNOSED:** 18.8 million people
- **UNDIAGNOSED:** 7 million people
- **PREDIABETES:** 79 million people
- **NEW CASES:** In 2010, 1.9 million new cases of diabetes were diagnosed in people aged 20 years and older

U.S. HISPANICS ARE **66%** MORE LIKELY TO BE DIAGNOSED WITH DIABETES COMPARED TO NON-HISPANIC WHITES

MORE THAN **90%** (9-IN-10) OF U.S. HISPANICS WITH DIABETES OR AT RISK, HAVE NOT VISITED A PODIATRIST

NEARLY
12% OF U.S. HISPANICS AGED 20 OR OLDER HAVE DIABETES



MORE THAN
60% of non-traumatic lower-limb amputations in the U.S. occur among people with diabetes



COMPREHENSIVE FOOT CARE PROGRAMS CAN REDUCE AMPUTATION RATES BY

45-85%

The rate of amputation for people with diabetes is 10x higher than those who do not have it.