



Where Can You Learn More About Your Feet?

Visit TodaysPodiatrist.com to:

- Watch videos, listen to podcasts, and learn more about podiatry from the experts themselves.
- 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.
- Sign up for Today's Podiatrist e-mail updates.

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.



PHYSICIAN SURGEON SPECIALIST



TODAY'S
Podiatrist

www.todayspodiatrist.com

Meet **YOUR** Feet

For many of us, our feet are the furthest things from our minds, both physically and mentally. We expect they'll be uncomfortable at times, and we put up with it when they hurt. But healthy feet are fundamental to the quality of our lives. They are wondrously engineered and often the indicators of our overall health, so we need to look after them.

Signs of arthritis, diabetes, nerve, and circulatory disorders can all be detected in our feet. For these reasons and many more, we must ensure that our feet get the expert care they need and deserve at all stages in our lives.

Podiatrists are highly trained physicians and surgeons focusing on the foot and ankle and should be an important part of your health-care team.

Visit TodaysPodiatrist.com and meet your feet today.

Fast Fact: *Seventy-five percent of Americans will experience foot health problems at some point in their lives.*

Fast Fact: *Podiatrists are the most qualified doctors to care for your feet.*

Meet Today's Podiatrist

Podiatrists are physicians, surgeons, and specialists who are highly trained to diagnose and treat conditions affecting the foot, ankle, and related structures of the leg. Podiatrists complete years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making them uniquely qualified to care for this part of the body.

They can specialize in:

- Surgery
- Wound care
- Biomechanics
- Sports medicine
- Geriatrics
- Pediatrics
- Diabetic care
- Dermatology

When Should You See a Podiatrist?

Feet are complex anatomical structures, all-in-one stabilizers, shock absorbers, and propulsion engines that are instrumental to overall health and well-being. They require expert care.

You should visit a podiatrist if you have:

- Foot pain of any kind
- Diabetes
- Foot and lower-leg irregularities (including flat feet, bow legs)
- Recent or recurring foot, ankle, or lower-leg injuries
- Sores or infections
- Circulation problems

Fast Fact: *Diabetes is the leading cause of lower-limb amputations.*

Fast Fact: *An average day of walking brings a force equal to several hundred tons to your feet, so any foot ailment should be seen by a podiatrist.*

Fast Fact: *Podiatrists complete years of rigorous training in the care and treatment of foot and ankle conditions.*

Fast Fact: *Podiatrists specialize in a variety of areas ranging from surgery to dermatology.*

