

FOOTPRINTS

AN INFORMATIONAL NEWSLETTER FOR PATIENTS OF APMA MEMBER PODIATRISTS

NOVEMBER 2013

SPECIAL EDITION: DIABETES AWARENESS

OUTSMARTING DIABETES

TODAY'S PODIATRIST IS SAVING LIMBS AND LIVES WITH SMART MEDICINE

REGULAR CARE FROM A PODIATRIST CAN HELP REDUCE AMPUTATION RATES BETWEEN 45 AND 85 PERCENT

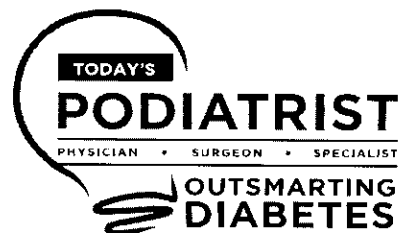
Our lives are surrounded by "smart" technology—smartphones, smart cars, and smart sensors. Now, today's podiatrist is saving limbs and lives with smart medicine.

Of the more than 26 million people in the US with diabetes, about half will develop neuropathy, a loss of feeling in the lower extremities. This nerve damage means an open sore or injury on the foot may go unnoticed until it becomes infected, which can eventually lead to the need for partial or full amputation of the foot or lower leg. In fact, diabetes is the leading cause of non-traumatic lower-limb amputation.

But today's podiatrist is staying a step ahead, with cutting-edge technologies like 3-D printing and smart textiles to better monitor and address issues commonly faced by their patients with diabetes. For Diabetes Awareness Month, APMA has worked with Anna Marie Chwastiak, DPM, to produce an educational video for patients on some of the most interesting types of smart medicine.

From smart socks to smart cells, the video covers a range of medical advancements, and highlights both the physicians creating these innovative and life-saving tools as well as the patients benefiting from them. You can view that video and others by visiting our YouTube page: www.youtube.com/theAPMA.

With proper foot care from today's podiatrist, you can manage the effects of diabetes on your feet. APMA encourages diabetes patients and those at risk for developing the disease to take a step in the right direction by having their feet regularly checked by a podiatrist. Podiatrists are the most qualified doctors to care for your feet, based on their education, training, and experience!



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STAY A STEP AHEAD

IN ADDITION TO REGULAR CHECKUPS WITH TODAY'S PODIATRIST, PEOPLE WITH DIABETES CAN REDUCE THEIR RISK OF COMPLICATIONS WITH THESE FOOT CARE TIPS:

- 1 Inspect your feet daily.
- 2 Choose thick, soft socks without seams that could rub or cause blisters.
- 3 Exercise daily.
- 4 Have new shoes properly measured and fitted.
- 5 Avoid going barefoot. Always protect your feet with the proper footwear and make sure both socks and shoes are comfortable and fit well.
- 6 See today's podiatrist for treatment of calluses, corns or warts, rather than trying to treat these conditions yourself.
- 7 Trim toenails straight across, and never cut the cuticles. Seek immediate treatment for ingrown toenails, as they can lead to serious infection.
- 8 Keep your feet elevated while sitting.
- 9 Diabetes can be hereditary, so talk to your family members about monitoring blood sugar and foot health.

SUCCESSFULLY MANAGING DIABETES IS A TEAM EFFORT, AND TODAY'S PODIATRIST IS AN INTEGRAL PLAYER ON THAT TEAM! TO LOCATE A PODIATRIST IN YOUR AREA, VISIT:

WWW.APMA.ORG

WHAT'S YOUR DIABETES IQ?

TAKE OUR TRUE/FALSE QUIZ FIND OUT HOW MUCH YOU KNOW ABOUT DIABETES AND FOOT CARE

1

EVEN THOUGH SOMEONE IN MY FAMILY HAS DIABETES, I DON'T NEED TO WORRY ABOUT IT.

FALSE — Along with age and obesity, a family history of diabetes can increase your chances of developing diabetes.

2

I CAN MANAGE MY DIABETES BY MYSELF.

FALSE — Diabetes is a family affair. Everyone in the family should know about the disease and should be helping those with diabetes control it.

3

AS LONG AS MY FEET DO NOT HURT, I DON'T NEED TO VISIT A PODIATRIST.

FALSE — Diabetes can lead to loss of sensation or numbness of the extremities. You may not feel the pain, even if there is a significant problem. Any noticeable change in the feet such as redness, swelling, sores that don't heal, loss of hair, or scaly skin may indicate a more serious problem.

4

HAVING DIABETES MAKES FEET MORE SUSCEPTIBLE TO COMMON INFECTIONS, SUCH AS ATHLETE'S FOOT AND FUNGAL TOENAILS.

TRUE — People with diabetes have a decreased immune response, which can make common foot infections more prevalent.

IF YOU OR A LOVED ONE HAS DIABETES, VISIT A PODIATRIST REGULARLY. THEY'LL BE ABLE TO HELP YOU FIND WAYS TO OUTSMART DIABETES!

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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