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TODAY'S PODIATRIST IS A CRITICAL MEMBER OF THE DIABETES CARE TEAM

An annual exam can help prevent serious complications of diabetes

BETHESDA, Md., November 1, 2018—The American Podiatric Medical Association announced today its Today's Podiatrist diabetes campaign, which will educate the public about diabetes and its complications in the feet, as well as the value of a podiatrist in preventing and managing those complications.

People with diabetes are at a greater risk of injuring their feet due to loss of sensation caused by nerve damage. Injuries that don't receive prompt attention can easily develop serious infections. Left untreated, nerve damage can cause deformity in the bones of the feet. People with diabetes also have trouble healing once an injury or an ulcer develops. Diabetic ulcers precede 85 percent of diabetes-related amputations.

Today's Podiatrists are physicians who help prevent these serious, sometimes life-threatening, complications before they happen. Podiatrists are specialists who have years of training in managing conditions specifically in the feet and ankles. Podiatrists are surgeons who may specialize in limb-sparing wound care and orthopedic procedures, preventing amputations. In fact, studies have shown that care by a podiatrist can reduce lower limb amputations among people with diabetes by up to an astounding 80 percent. Saving limbs keeps people with diabetes mobile, increasing quality and quantity of life.

"Today's Podiatrist is a critical member of the diabetes care team," said APMA President Dennis Frisch, DPM. "Feet can be a direct reflection of overall health. Conducting daily foot exams at home and seeing a podiatrist for a full exam at least once a year are vital steps to managing your diabetes."

The Today's Podiatrist diabetes campaign, which will run throughout November during Diabetes Awareness Month, will share important information about the specific complications of diabetes that occur in the foot and ankle. The campaign also will educate Americans about how simple daily habits and care provided by a podiatrist can help people with diabetes avoid serious outcomes. To learn more about the campaign and Today's Podiatrist, visit www.apma.org/diabetes.

The American Podiatric Medical Association (APMA) is the nation's leading professional organization for today's podiatrists. Doctors of Podiatric Medicine (DPMs) are qualified by their education, training, and experience to diagnose and treat conditions affecting the foot, ankle, and structures of the leg. APMA has 53 state component locations across the United States and its territories, with a membership of more than 12,500 podiatrists. All practicing APMA members are licensed by the state in which they practice. For more information, visit www.apma.org.