

DIABETES & YOUR FEET FAQs



\$174 BILLION
SPENT ANNUALLY ON THE
TREATMENT OF DIABETES

Why should I “knock my socks off” and see a podiatrist?

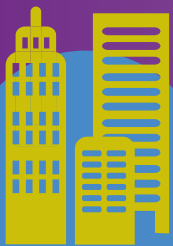
The feet can reveal diabetes warning signs such as numbness, redness, swelling, or non-healing wounds. Making at least two appointments a year with today’s podiatrist, the foot and ankle expert, to have your feet examined is a critical step in avoiding diabetic foot complications and amputation.

I have been diagnosed with diabetes. What foot complications could I experience?

- A loss of feeling in your feet
- Foot ulcers or sores that do not heal
- Amputation

Should I talk about diabetes with my community, family, and friends?

Yes! Those with diabetes, as well as those who are at risk, are encouraged to openly discuss the disease with family members since it can affect children and adults alike. Diabetes is often passed down from generation to generation, especially in the Hispanic community. Don’t be embarrassed to talk about it with those closest to you because diabetes is best managed as a team.



What are diabetic ulcers, and how can I prevent them?

Diabetic ulcerations are often one of the first signs of complications from diabetes in the lower leg. These ulcers can stem from a small wound or cut on the foot that is slow to heal. If left untreated, ulcers can become harder to treat and could lead to amputation. If discovered early and treated by a podiatrist, ulcers may not lead to amputation.



Can I still see a podiatrist if I don't have medical insurance?

Yes! Podiatrists work in health clinics, in addition to private practices, treating patients. Work directly with your podiatrist to create alternative options such as payment plans. Don’t let a lack of insurance keep you from receiving proper foot care.

Is there a special kind of footwear available for those with diabetes?

Yes! Certain types of shoes, socks, and custom orthotics are all created especially for those with diabetes. People with diabetes should never go barefoot and should make sure to keep feet protected to reduce the risk of cuts and scrapes on the feet, which can lead to complications. Medicare may pay for these shoes.

For a list of diabetic footwear that has APMA’s Seal of Acceptance, visit www.apma.org/seal.

ABOUT 60-70%
OF PEOPLE WITH DIABETES
HAVE MILD TO SEVERE FORMS
OF DIABETIC NERVE DAMAGE

