
During Your Visit

- Go over your list of questions. If you do not understand an answer, be sure to ask for further explanation.
- Take notes and listen carefully.
- Discuss your symptoms and any recent changes you may have noticed.
- Talk about all new medications. Ask why it has been prescribed, and how to take it.
- Describe any allergies.
- Tell your podiatrist if you are pregnant or if you are trying to get pregnant.
- Let your podiatrist know if you are being treated by other doctors.

After Your Visit

- Prepare for any tests your podiatrist orders. Ask about what you need to do to get ready, possible side effects, and when you can expect results. Ask when and how the test results will be made available to you.
- Schedule a follow-up appointment (if necessary) before you leave your podiatrist's office.
- Call your podiatrist's office and ask for your test results if you do not hear from them when you are supposed to.

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.*

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

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

FACTS YOU NEED TO KNOW

Diabetes



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.

Before Your Visit:

- ◇ Make a list of your symptoms and questions.
 - ◇ Make a list of all medications and any previous surgeries.
 - ◇ Gather and bring important medical records and laboratory test reports from other doctors or hospitals (including x-rays, MRIs and lab results).
 - ◇ Check with your insurance provider to see if a referral is needed.
 - ◇ Call before your visit to tell the office if you have special needs.
 - ◇ Bring a friend or family member if you think it will be helpful.
 - ◇ If your problem involves walking and/or exercise, bring your walking/exercise shoes with you to the appointment.
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