



Today's Podiatrist IS A CRITICAL PART OF YOUR Diabetes Care Team



Diabetes can have a significant impact on your feet, so seeing a podiatrist at least once a year is an important part of managing your condition and preventing complications. If you do experience a problem with your feet, your podiatrist is the best-qualified physician to treat it.

AS PHYSICIANS, SURGEONS, AND SPECIALISTS, PODIATRISTS RECOMMEND:

An annual foot exam.



Today's Podiatrist is specially trained to treat conditions of the foot and ankle that are caused by diabetes, so he or she can help prevent complications before they happen.

Comfortable, well-fitting footwear.

Diabetes can cause nerve damage, or neuropathy, which is a loss of sensation in your feet. People with diabetes can injure their feet without knowing it. Podiatrists recommend against going barefoot; instead, wear well-fitting shoes and socks to protect your feet.



Daily self-exams.

Check your feet every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration. If you notice a change, make an appointment to see your podiatrist.



A team approach.



Today's Podiatrist will collaborate with your primary care physician and other specialists to establish the right approach for your individual needs. Podiatrists can provide a wide range of treatments, from conservative care of the skin and nails to surgical options for advanced wounds or complications involving the bones of your feet. You, your podiatrist, and your care team will determine what's right for you.

Professional foot care.



Never try to treat calluses, ingrown toenails, or other foot conditions on your own. Home treatment is especially risky for people with diabetes, who could develop dangerous infections.



TODAY'S
podiatrist



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