

You Can Make a Difference in Someone's Life By Being One Step Ahead of Diabetes



With nearly 246 million people across the globe battling diabetes and its complications, staying one step ahead of the disease has never been more important. More than 60 percent of non-traumatic, lower-limb amputations in the United States occur among people with diabetes. Because of this, the American Podiatric Medical Association (APMA) continues its national campaign to educate the public about the importance of seeing a podiatric physician regularly to prevent diabetic, lower limb amputations. You can make a difference by encouraging and assisting diabetic family members and friends to manage their illness and have a proactive attitude about their foot care. Spokesmen for the APMA continue to emphasize that the rate of amputation for those with diabetes is 10 times higher than those without the disease. Being vigilant and including a podiatrist in your diabetes management team, can save both limbs and lives.

Every 30 seconds, a lower limb is lost to diabetes somewhere in the world. Those with diabetes are more prone to develop foot infections and foot ulcerations which can quickly result in amputation.

Preventing amputation means knowing all of the main warning signs.

- tingling, numbness or loss of feeling in the feet
- redness, sores, ulcerations or infections
- change in the shape of the feet
- loss of hair
- cuts and scrapes that are slow to heal

Any of these symptoms should be referred for immediate attention to a podiatric physician. A comprehensive foot care treatment plan can reduce amputation rates by 45 percent to 85 percent. You can make a difference in someone's life by being one step ahead of problems that put diabetic family members and friends at risk. Improve the chances of managing diabetes successfully by having a proactive attitude about diabetic footcare. A difference that can drastically improve your chances of managing diabetes successfully by staying one step ahead.