DIABETES AND YOUR FEET MYTH vs. FACT

It's time to separate the myths from the facts and take control of your diabetes!



- Diabetes is curable.
- There's no cure for diabetes, but with a healthy lifestyle, some people do go into "remission." Remission means they no longer require medication to control their blood sugar. Keeping your blood sugar well-controlled is key to avoiding complications of diabetes in your feet, such as loss of sensation, diabetic ulcers, and even amputations.
- Once you have diabetes, there's nothing you can do.
- Healthy lifestyle choices and regular care from your health-care team can help you manage diabetes and avoid serious complications! See a podiatrist at least once a year for regular foot checks, and conduct a self-exam every day to detect changes in your feet. Look for changes in color, temperature, and even hair growth, and if you notice even a small injury, see your podiatrist right away.



It's time to see a podiatrist at the first sign of a wound!



- ② Open-toe sandals are best for your feet because they are breathable.
- People with diabetes should always wear supportive, protective, closed-toe footwear (even indoors) to reduce the risk of injury. Even a minor injury in a person with diabetes can lead to a serious diabetic wound and infection.



- 🔀 Losing a toe can make a man impotent.
- Losing a toe, a foot, or even a leg has no impact on sexual performance.

 Diabetes can cause other health problems, such as vascular disease or neurological issues, that may lead to erectile dysfunction. Bottom line: Take care of your diabetes to avoid any complications. See an APMA-member podiatrist regularly for foot care. Podiatrists are experts in diabetes and wound care. They can help prevent wounds and avoid amputations.



