

**DIABETES AND YOUR FEET**

**MYTH vs. FACT**

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

1. **Diabetes is curable.**
   - **Fact:** There's no cure for diabetes, but with a healthy lifestyle, some people no longer require medication.

2. **Once you have diabetes, there's nothing you can do.**
   - **Fact:** You can manage diabetes and avoid serious complications! See a podiatrist at least once a year for regular foot checks.

3. **You can heal wounds with aloe vera, arnica, or even onions!**
   - **Fact:** Never rely on home remedies to treat diabetic foot wounds. It's time to see a podiatrist at the first sign of a wound!

4. **Open-toe sandals are best for your feet because they are breathable.**
   - **Fact:** People with diabetes should always wear supportive, protective, closed-toe footwear (even indoors) to reduce the risk of injury.

5. **Losing a toe can make a man impotent.**
   - **Fact:** Losing a toe has no impact on sexual performance. Diabetes can cause other health problems that may lead to erectile dysfunction. So take care of your diabetes and see an APMA-member podiatrist regularly to help avoid amputations.

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If you have diabetes, it's time. Time to make changes to your lifestyle, stay alert to changes in your feet, and see your podiatrist regularly.

Learn more at [www.apma.org/diabetes](http://www.apma.org/diabetes).

Join the conversation on social media. #eshora #ItsTime