

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 no longer require medication.

✘ Once you have diabetes, there's nothing you can do.

✔ You can manage diabetes and avoid serious complications! See a podiatrist at least once a year for regular foot checks.

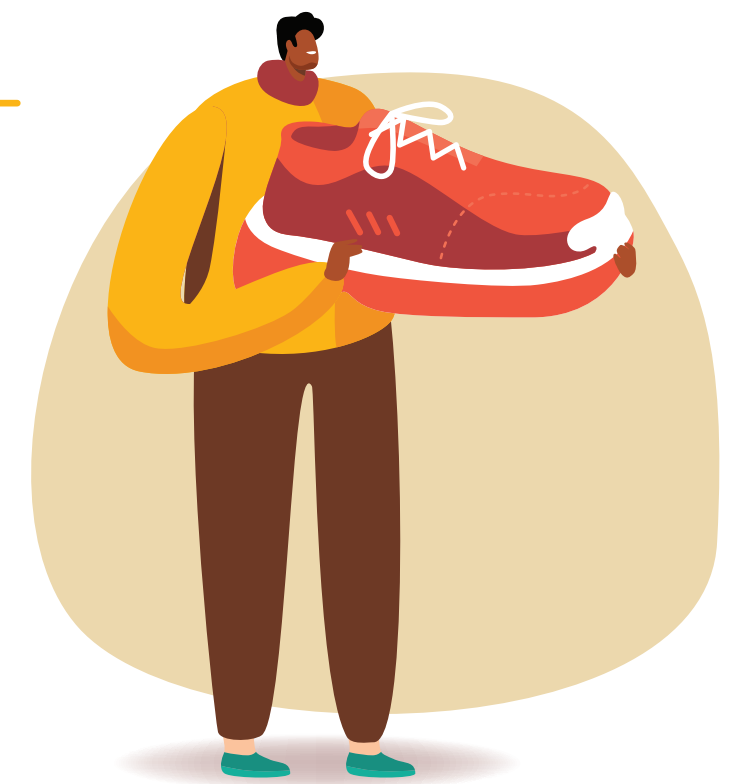


✘ You can heal wounds with aloe vera, arnica, or even onions!

✔ Never rely on home remedies to treat diabetic foot wounds. It's time to see a podiatrist at the first sign of a wound!

✘ 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.



✘ Losing a toe can make a man impotent.

✔ 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.

IT'S TIME

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.

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