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**Suggested Social Media Posts**

*These social media posts are ready for use on your professional social media challenges. We’ve even done the character counts and included hashtags for National Diabetes Awareness Month. Copy, paste, and pair with an image from your practice if you wish (be sure to get permission from patients before using any photos that include identifying information!). You can also follow APMA’s social media channels and repost the content your association shares throughout the month.*

1. Are you one of more than 37 million of Americans living with diabetes? If so, you need to know that feet are one of the most affected parts of your body. We can help you take control and avoid complications. #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Foot pain is never normal. Diabetes puts you at risk for nerve damage, infections, and amputation. Call us at the first sign of pain or any changes in the condition of your feet. #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Did you know that an annual diabetic foot exam is vital to managing diabetes? Don't wait until there’s a problem to take care of your feet. Call us today for an appointment. #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Your feet are too important to ignore. Call today to make an appointment with a podiatrist who understands prevention and treatment of diabetic foot complications. Protect your feet today! #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Feet are quick to tell you when something is wrong. Nerve damage caused by diabetes can cause tingling, numbness, sharp pain, and even complete loss of sensation. Call your podiatrist at the first sign of pain! #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Have diabetes? Control your A1C, opt for a more active lifestyle, and keep regular appointments with your care team, including your podiatrist. Call today to schedule an appointment to keep you on your feet! #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt

1. Is diabetic nerve pain keeping you up at night? Diabetes doesn’t have to hurt. Come in to talk about your options. New devices and medications offer hope for diabetic peripheral neuropathy! Make an appointment today. #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt
2. Do you have diabetes and burning pain in your feet? A slipped disk or vitamin deficiency can mimic symptoms of diabetic peripheral neuropathy. If you do have neuropathy, we’ll discuss options. Come in for a diagnosis! #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt
3. When you have diabetes, it’s vital to investigate changes in your feet. A change in temperature or color of your skin, a small injury, or loss of hair can signal a serious problem. Check your feet daily and call us if you notice a change! #NDAM #DiabetesDoesntHavetoHurt
4. Think you have to live with nerve pain in your feet from diabetes? There is hope! Talk to your podiatrist today about options for treatment, including devices like spinal nerve stimulators and new pharmaceuticals. #NDAM #DiabetesAwarenessMonth #DiabetesDoesntHavetoHurt