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**Suggested Social Media Posts**

*The posts below can be copied and pasted to your practice’s social media accounts! We’ve taken out all the guesswork by doing character counts for Twitter and providing hashtags and a link to our diabetes page. Don’t forget to customize posts with a link to your own practice website.*

TWITTER

Would you ignore a light on the dashboard? Don’t ignore your body’s warnings when you have diabetes. Do a daily foot check for changes in color/temperature or injuries. Call our practice if your feet are warning you of a problem. www.apma.org/diabetes #DiabetesAwarenessMonth

It’s time to stop ignoring that sore on your foot. If you have diabetes, letting it go—or treating it at home—can lead to serious consequences, including amputation, sepsis, and even death. Call for an appointment. [www.apma.org/diabetes](http://www.apma.org/diabetes) #DiabetesAwarenessMonth #NDAM #eshora

It’s time to protect your family by protecting your health. If you have diabetes, you could have serious complications in your feet that could keep you out of work. See us for regular diabetic foot care! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #DiabetesAwarenessMonth

It’s time to visit a podiatrist. Due to COVID, some offices may ask that you not bring a guest. Ask about telehealth options so you may include your spouse or a family member. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time. Did you know people who have an amputation due to diabetes have a higher risk of dying within five years than people who have cancer? It’s time to pay attention to your diabetes. Call us today. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time. Too much comfort food during the pandemic? It’s time to break the cycle. Healthy food is medicine, and small changes can have a big impact for your diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time to get back in your game! Don’t let your feet get in the way. Check in with us before you return to sports. Diabetes means even a small injury could cause a big problem. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

Have the past two years been painful for your feet? It’s time to check in with us! Even a small foot injury like a blister could be a big problem for people with diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time to check in with us! Regular, preventive appointments with your primary care physician, endocrinologist, ophthalmologist, and podiatrist are critical to avoiding complications from diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time to let go of the myths and get the facts about your feet and diabetes. We can help. Call for an appointment today. <link to https://www.apma.org/files/APMA\_itstime\_factsheet\_Eng.pdf > #eshora #ItsTime #DiabetesAwarenessMonth

FACEBOOK/LINKEDIN

It’s time to separate myth from fact and take control of diabetes.

Myth: Diabetes is curable. Fact: There’s no cure for diabetes, but with a healthy lifestyle, some people do go into “remission,” which means they no longer require medication to control their blood sugar. Learn more about diabetes! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora

We’re back with another myth and the facts about diabetes.

Myth: Once a person has diabetes, there’s nothing they can do. Fact: Healthy lifestyle choices and regular care can help people manage diabetes and avoid serious complications! It’s time to take care! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #DiabetesAwarenesMonth

We’re separating myths and facts when it comes to diabetes. This week’s myth: Diabetic wounds can be healed with aloe vera, arnica, or even onions! Fact: \*Never\* rely on home remedies to treat diabetic foot wounds, which place patients at high risk for life- and limb-threatening infection. It’s time to see a podiatrist at the first sign of a foot wound! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora

Many people believe sandals are best for their feet because sandals are breathable. Wrong! People with diabetes in particular should always wear supportive, protective, closed-toe footwear (even inside) to reduce the risk of injury and infection. Even a small injury can spell big trouble for people with diabetes. Learn more: [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora

We’re setting the record straight on diabetes.

Myth: Losing a toe can make a man impotent. Fact: Losing a toe, a foot, or even a leg has no impact on sexual performance (although diabetes can cause other health problems, such as vascular disease or neurological issues, that may lead to erectile dysfunction). Bottom line: Men should take care of their diabetes and see a podiatrist regularly. Podiatrists are experts in diabetes and wound care. They can help prevent foot wounds and avoid amputations. It’s time to see a podiatrist! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora

Cold feet. Tingling feet. Even balding feet. They’re like a check engine light on the dashboard. People with diabetes should never ignore their bodies’ warnings signs. People with diabetes should do a daily foot check for changes in color and temperature or injuries. At the first sign of a problem, it’s time to consult a podiatrist. [www.apma.org/diabetes](http://www.apma.org/diabetes)  #DiabetesAwarenessMonth

Foot sores should never be ignored. For people with diabetes, even a small injury or sore can lead to serious consequences, including amputation, sepsis, and even death. People with diabetes should never let an injury go—or treat it at home. It’s time to consult a podiatrist now. [www.apma.org/diabetes](http://www.apma.org/diabetes) #DiabetesAwarenessMonth #NDAM #eshora

Supporting a family starts with self care. People with diabetes can have serious complications in the feet that can make it difficult or impossible to work. A diabetes diagnosis means it’s time to begin seeing a podiatrist for regular diabetic foot care! [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #DiabetesAwarenessMonth

It’s time to visit a podiatrist for a regular diabetic foot exam. Due to COVID, some offices may not be allowing guests. Patients who need help communicating or just prefer to have a spouse or family member present should ask about telehealth options. If telehealth is not a good option, podiatrists offer translation services for any patient who requests them. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

Did you know that people who have an amputation due to diabetes have a higher risk of dying within five years than people who have cancer? Diabetes cannot be ignored. It’s time to consult a podiatrist. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

Too much comfort food during the pandemic packed on the pounds for many Americans. It’s time to break the cycle. Healthy food is medicine, and small changes can have a big impact, especially for people with diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time to get back in the game! People with diabetes should check in with a podiatrist before making the decision to return to sports or other activities after long months at home. Diabetes means even a small injury could cause a big problem. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

It’s time to check in with a podiatrist! Regular, preventive appointments with a primary care physician, endocrinologist, ophthalmologist, and podiatrist are critical to avoiding complications from diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth

If the past two years have been painful for your feet, it’s time to check in with a podiatrist. Even a small foot injury like a blister could be a big problem for people with diabetes. [www.apma.org/diabetes](http://www.apma.org/diabetes) #eshora #ItsTime #DiabetesAwarenessMonth