

# 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.



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

✔ Never rely on home remedies to treat diabetic foot wounds. Diabetic wounds are difficult and slow to heal. They place you at high risk for life- and limb-threatening infection. **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.** 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.