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**Suggested Social Media Posts**

Copy and paste these posts for use on your professional social media channels throughout November. Link back to your practice website or APMA’s site, [www.apma.org/diabetes](http://www.apma.org/diabetes).

FACEBOOK/INSTAGRAM

1. It’s Diabetes Awareness Month! Diabetes can cause serious complications in the feet, including ulcers, serious infection, and even amputation. A podiatrist can help! People with diabetes should do daily foot exams and see a podiatrist for a diabetic foot exam at least once a year. Call today for an appointment!
2. Did you know that an annual diabetic foot exam is vital to preventing and managing diabetes? Don't wait until it's too late. Call today for an appointment.
3. Your feet are too important to ignore. Call today to make an appointment with a podiatrist who understands the proper treatment and maintenance of diabetes and can help you protect your feet from further injuries.
4. The feet are a great barometer of overall health. Do you know what to watch for? People with diabetes should check their feet daily for injuries or changes in color or temperature. Contact our office immediately for even minor injuries, such as scratches or scrapes!
5. Food is medicine, especially when it comes to diabetes. People with diabetes should focus on diet and activity. Be sure to keep appointments with an endocrinologist, ophthalmologist, and podiatrist to stay ahead of diabetes and its complications. Call today to book an appointment.
6. Your family needs you. But diabetes can cause serious complications such as amputation and even death. It’s time to care for them by caring for your own health. Make an appointment with a podiatrist for a diabetic foot exam.
7. Home remedies are ineffective and sometimes downright dangerous when it comes to managing diabetes. People who have diabetes often lose sensation in their feet, which means even a hot water soak can be dangerous. A podiatrist is a doctor who is specially trained to treat complications of diabetes in the feet. Make an appointment with us today to discuss the safest, most effective treatments!
8. While you’re celebrating and spending quality time with friends and family this season, don't forget to honor your feet. People with diabetes should never go barefoot, even in their own homes. Small injuries can lead to serious infection, limb loss, and even death. Call for an appointment!

TWITTER

1. Did you know that an annual diabetic foot exam is vital to preventing and managing diabetes? Don't wait—it’s time to see your podiatrist. Call today for an appointment. #ItsTime #DiabetesAwarenessMonth
2. Your feet are too important to ignore. Call today to make an appointment with a podiatrist who understands the proper treatment and maintenance of diabetes and can help you protect your feet from further injuries. #ItsTime #DiabetesAwarenessMonth
3. Your feet are a great barometer of your overall health. Do you know what to watch for? People with diabetes should check their feet daily. If you notice changes or injuries, make an appointment to see us immediately! #ItsTime
4. Food is medicine, especially when it comes to diabetes. Focus on diet and activity and be sure to keep appointments with an endocrinologist, ophthalmologist, and podiatrist to stay ahead of diabetes and its complications. #ItsTime #DiabetesAwarenessMonth
5. Your family needs you. But diabetes can cause serious complications such as amputation and even death. It’s time to care for them by caring for your own health. Make an appointment with a podiatrist for a diabetic foot exam. #ItsTime #DiabetesAwarenessMonth
6. Home remedies can be downright dangerous when it comes to managing diabetes. Diabetes can cause a loss of sensation in your feet, meaning even a hot water soak can be dangerous. Make an appointment today to discuss safe, effective treatments! #ItsTime
7. People with diabetes should never go barefoot, even at home. Small injuries can lead to serious infection, limb loss, and even death. If you hurt your foot, come in to see us immediately! #ItsTime