

Healthwise

If You Are A Diabetic, What You Don't Feel Can Hurt You

(NAPSA)—Diabetes has reached epidemic levels in our country, with over 16 million people affected nationwide and more than 87,000 diabetes-related lower-limb amputations occurring each year.

That is why James Brown, “J.B.” to his Fox NFL sports fans, is once again working with the American Podiatric Medical Association (APMA). “J.B.” understands the importance of diabetes education and is committed to helping others learn about proper footcare for people with diabetes.



Sports broadcaster James Brown says, “If you suffer from diabetes, see a podiatric physician regularly because the health of your feet is critical to staying well.”

One of the most common symptoms of diabetes is neuropathy, a condition that causes numbness, burning or tingling and diminishes sensations in the feet. If you have diabetes and suffer from diabetic neuropathy, the APMA offers the following tips for taking care of your feet:

- Visually inspect the feet daily and look for any sores, blisters, signs of infection or changes in your feet.

- Do not cut your own toenails or trim corns or calluses. Have your podiatrist do it for you.

- Do not check the temperature of water in a bathtub with your feet, as they may not sense if the water is too hot. Test the water with your elbow instead.

- Always wear properly fitting shoes to prevent injury and protect your feet.

For more information on diabetes and the feet or to obtain a free foot-screening test, visit www.apma.org or call 1-800-FOOTCARE.