


# HEALTH MATTERS



## Podiatrists Team Up With NFL Broadcaster To Tackle Diabetes



**NFL Broadcaster James Brown, in association with the APMA, is eager to get family members involved with management of their diabetes.** 

(NAPSA)—It's estimated 16 million Americans are affected by diabetes—and about half don't even know it.

In an effort to educate the public, The American Podiatric Medical Association recently launched its Diabetes is a Family Affair campaign to call attention to diabetes and associated foot problems. Foot screenings are important for people with diabetes to prevent complications such as slow healing sores, swelling and redness, a loss of sensation in the feet, and infections that could lead to amputations.

"Each year, 87,000 lower limbs are amputated due to complications from diabetes," said R. Douglas Sowell, DPM and APMA president. "Nearly three-quarters of

these could be prevented with proper foot care."

The APMA offers the following tips for taking care of your feet:

- Check your feet every day for blisters, cuts, infected toenails, red spots or swelling
- Wash your feet daily with warm water and be sure to dry between your toes
- Wear soft, comfortable shoes and inspect them for rough edges and seams
- Wear socks without rough seams and that aren't tight around the ankles
- Cut toenails straight across
- Don't use corn or callus removers or try to cut off corns and calluses
- Don't walk barefoot

National Football League sports broadcaster James Brown is the spokesperson for the campaign. His mother has suffered complications related to her diabetes.

"My mom emphasizes how serious diabetes is, and how important it is for all people with the disease to follow a good diet and exercise program and to see their physician and podiatrist regularly," said Brown. "I am proud of how diligently she manages her diabetes on a daily basis, and I hope to help others follow her example."

For more information on diabetes and the feet, visit [www.apma.org](http://www.apma.org). There you will find a diabetes quiz and a foot screening test. You can also call 1-800-FOOT-CARE to request a free brochure.