

## Simple, annual exam could save your feet — and your life

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**M**y goal as a podiatrist is to prevent my diabetic patients from being hospitalized due to a foot problem. Foot problems are the number one reason diabetics are hospitalized each year — and the number one cause of amputations. When you consider that 85 percent of patients die within five years after a major amputation, and that many of those amputations began with a foot problem — you realize the importance of diabetic foot care.

The good news is that a simple annual checkup, called a Comprehensive Diabetic Foot Exam, has been shown to reduce foot complications in diabetics by 85 percent. Having this exam once a year should be at the top of every diabetic's to-do list. It's one of the most important things you can do to manage diabetes — and reduce your chance of developing serious foot problems that could lead to hospitalization and/or amputation.

The exam is much more comprehensive than a standard foot exam, and should be provided by a board certified podiatrist with a special interest in diabetic foot care. During the exam, the doctor will look closely for decreased circulation and loss of feeling in the feet, assess the skin and check for



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foot deformities that could increase the chance of infection. Even toenails are evaluated, because thickened toenails can cause pressure ulcers.

Having this exam annually allows doctors to see if there are changes in your feet, indicating the need for medical attention.

If you have diabetes, an annual Comprehensive Diabetic Foot Exam is the best way to catch problems early — and prevent a foot problem from becoming a major health threat.

COURTESY THE FOOT & ANKLE CENTER

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### MANAGING DIABETES? Focus on Your FEET

#### FACT:

There are about 230 amputations every day in the U.S.

#### FACT:

Most major amputations start with an ulcer of the foot.

#### FACT:

If you have diabetes, you have a foot problem.

#### FACT:

A painless, annual Comprehensive Diabetic Foot Exam can reduce your risk of amputation by up to **85%**.

**Schedule yours today.**

320-FOOT (3668) | 320-FOOT.com

**Free Seminar  
Diabetes & Your Feet**  
Tuesday, Oct. 22, 5:45 – 7 p.m.  
Sign up at 320-FOOT.com



Richmond's All-in-One Foot Care Center

On the campus of Johnston-Willis Hospital • Dr. Mitchell Waskin • Dr. Jeffrey Frost

