

# FOOTPRINTS

AN INFORMATIONAL NEWSLETTER FOR PATIENTS OF APMA MEMBER PODIATRISTS

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SPRING EDITION

## TODAY's *podiatrist* Operate Like a DPM

A **DOCTOR OF PODIATRIC MEDICINE** (DPM), or **PODIATRIST**, is specially trained to provide the highest quality foot and ankle care, from treating skin conditions to performing complex surgeries.

In many cases, podiatrists can spare their patients the need for surgical procedures by providing conservative treatment. Your doctor will “Operate Like a DPM” by determining whether surgical intervention is necessary, based on your specific condition, as well as factors such as your overall health, activities, and other concerns.

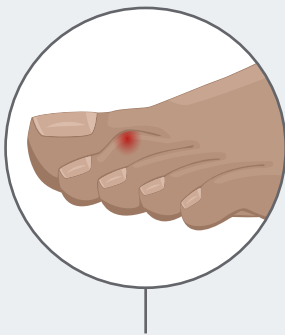
If you have conditions such as diabetes, high blood pressure, or vascular disease, Today's Podiatrist will collaborate with your primary care doctor and other specialists, such as vascular surgeons and endocrinologists, to establish the right approach for your individual needs. You, your podiatrist, and your care team will determine what's right for you.

Podiatrists can provide a wide range of treatments, from conservative care of the skin and nails to surgical options for advanced wounds or complications involving the bones of your feet. See your DPM if you experience:

- **SERIOUS SPRAINS OR FRACTURES:** Pain, swelling, bruising, and difficulty walking on the affected foot or ankle are the most common symptoms.
- **PAIN THAT DOESN'T GO AWAY:** Pain, stiffness, tingling, or other discomfort that doesn't resolve quickly is your body's way of communicating. Get these symptoms checked in a timely manner.
- **SKIN IRRITATION OR DISCOLORATION:** Rashes, cracked skin, and other changes to the skin of the feet can leave you vulnerable to infection and should be checked by your podiatrist.
- **ABNORMAL GROWTHS, LUMPS, OR BUMPS ON YOUR FEET AND ANKLES:** Warts, corns, calluses, and other bumps can be indications of infection, abnormalities in your gait, or more serious conditions.
- **CHANGES TO YOUR NAILS:** Discoloration, thickening, pain, or drainage can be signs your toenails require a podiatrist's attention. They can also be signs of more serious health issues.

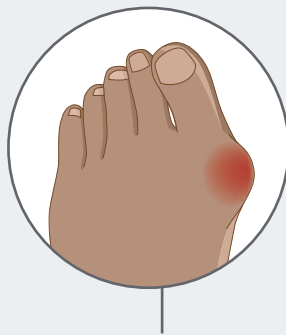


**ACCORDING TO DATA FROM THE CENTERS FOR MEDICARE AND MEDICAID SERVICES, SOME OF THE MOST COMMON CONDITIONS PODIATRISTS TREAT SURGICALLY ARE:**



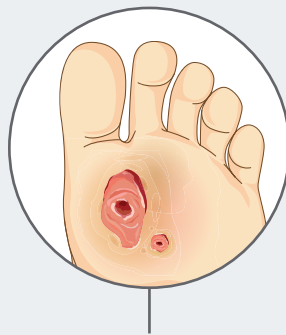
## **HAMMERTOES**

A bending at the first joint of the toe. Surgical techniques will realign the bones of the toe.



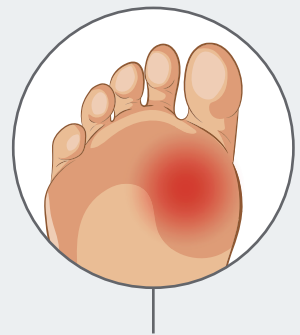
## **BUNIONS**

A lump on the side of the big toe formed when the bone or tissue at the joint moves out of place. Your podiatrist will evaluate your bunion to determine whether and what type of surgery is required.



## **COMPLICATIONS FROM DIABETES**

Today's Podiatrist plays a key role in helping patients manage diabetes successfully and avoid foot-related complications. When complications such as ulcers or infection do occur, surgery is sometimes required to save tissue.



## **OVERUSE INJURIES**

Inflammation in the ball of the foot can become severe. In cases in which conservative care such as padding fails, your podiatrist can surgically reduce pressure and alleviate pain.

When in doubt, see your DPM. Whether it is heel pain, fungus, or a full ankle reconstruction, Today's Podiatrist can do it all. Visit [www.apma.org/fothealth](http://www.apma.org/fothealth) for more information about conditions of the foot and ankle. Share your success stories on social media using the **#TodaysPodiatrist** hashtag.