

# Podiatrists

## Fighting Amputations Worldwide

[INFORMATION FOR THE GENERAL PUBLIC]



International Federation of Podiatrists  
Fédération Internationale des Podologues

Supported by your local  
Podiatry organization



**Diabetes Mellitus (DM) is quickly becoming an epidemic around the world.**

While many organizations and countries are trying to deal with this condition, most of these efforts are not organized with any other group or country.



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**With membership in more than 30 countries around the world, the FIP is uniquely positioned to coordinate efforts to:**

- combat complications of diabetes in the lower extremity
- reduce amputations worldwide



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**FIP membership equates to over 85,000 podiatrists providing 200 million treatments of the foot and ankle each year.**



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## The FIP has established a Diabetes Foot Commission to:

- create an international approach to educating the public and other health professionals on the effects of diabetes in the lower extremity to reduce or eliminate amputations worldwide



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## World Health Organization statistics:

- 346 million people worldwide have diabetes
- the number of people diagnosed with diabetes is estimated to double between 2005 and 2030



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**A person with diabetes is  
10 times more likely to have an  
amputation.**

60% of non-traumatic amputations  
are related to Diabetes

There is a 50% chance that the  
other leg will be amputated within  
3-5 years after the first amputation



**A comprehensive podiatrist-directed  
foot care program can reduce the  
possibility of amputation  
by up to 85%.**



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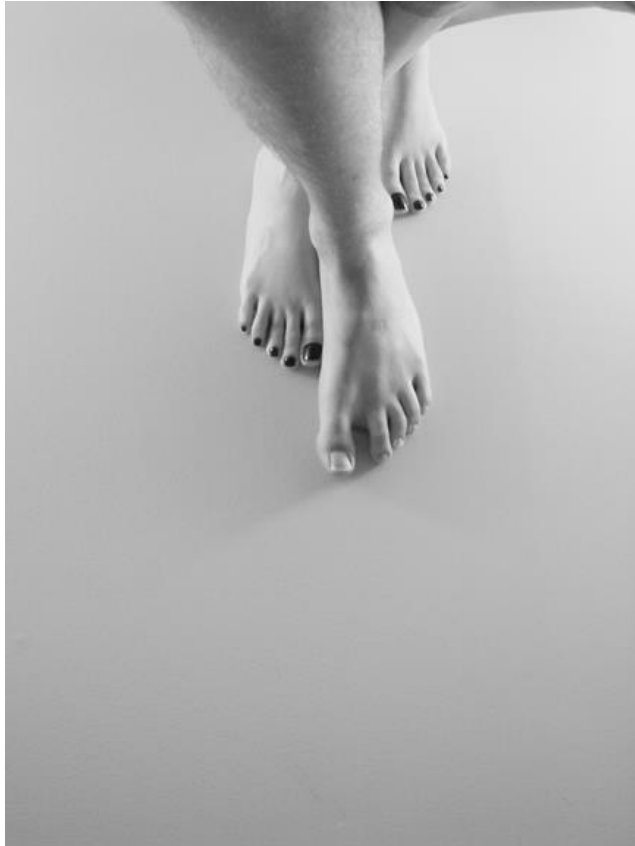




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## Diabetes warning signs:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel





## Action steps for diabetics:

### **Inspect feet daily**

Check your feet and toes every day for cuts, bruises, sores or changes to the toenails, such as thickening or discoloration

### **Wear thick, soft socks**

Avoid socks with seams, which could rub and cause blisters or other skin injuries

### **Exercise**

Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising



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## Action steps for diabetics:

### **Have new shoes properly measured and fitted**

Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes

### **Don't go barefoot**

Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes



## **See your podiatrist**

Regular checkups by a podiatrist—at least annually—are the best way to ensure that your feet remain healthy

## **Never try to remove calluses, corns or warts by yourself**

Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes



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## Remember:

A comprehensive foot care program that includes at least an annual visit with a podiatrist can reduce the possibility of amputation by up to 85%.

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**For more information  
please visit our website:**

**[www.fip-ifp.org](http://www.fip-ifp.org)**

**Local Podiatry  
Organization:**

**[www.podiatry.org.mt](http://www.podiatry.org.mt)**

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