



**BURBANK  
PODIATRY  
ASSOCIATES  
GROUP, A.P.C.**

Contact: Oliver Wang, DPM

818-848-5583

### **DAILY CARE HELPS AVOID DIABETIC FOOT AMPUTATIONS**

Burbank, CA, 11/01/06 -- With the observance of National Diabetes Awareness Month in November, Dr. Wang, a member of the American College of Foot and Ankle Surgeons with office in Burbank, CA, reminds residents with diabetes that following simple foot care tips can reduce their risk of toe, foot or leg amputations.

People with diabetes are 10 times more likely to have a lower limb amputated than people without diabetes, according to the American Diabetes Association. Dr. Wang says the disease can cause poor blood circulation and nerve damage in the feet, making them vulnerable to developing ulcers, infections, deformities and brittle bones.

BurbankPodiatry.com provides these foot care tips for people with diabetes:

- Inspect feet daily for injuries that could lead to dangerous ulcers.
- Gently wash feet in lukewarm (not hot!) water.
- Moisturize feet, avoiding the area between the toes.
- Never trim corns or calluses; this can lead to serious infections.
- Inspect the inside of shoes before wearing.

People with diabetes must always be vigilant, says Dr. Wang, and see a foot and ankle surgeon at the first sign of trouble. Early treatment can keep diabetic foot problems from progressing, and reduce the risk of amputations.

To contact Dr. Wang, call 818-848-5583.