



## A True and False Quiz on Diabetes and the Feet

If you have diabetes, even minor or ordinary foot problems can lead to serious complications, including amputation. Those with diabetes should inspect their feet every day, and have their health care provider check them at every office visit. Take this true and false quiz to find out if you know right from left when it comes to diabetes and foot care.

**1. I have diabetes but I don't take insulin, just pills, so I don't have to worry as much about my feet.**

*FALSE* – All people with diabetes can have problems with their feet, which could lead to amputation. People with diabetes should have their feet screened on a regular basis by a podiatrist. Other health care providers should also inspect the feet regularly.

**2. Having diabetes makes my feet more susceptible to other common infections, such as athlete's foot and fungal toenails.**

*TRUE* - The decreased immune response in people with diabetes can make other common foot infections more prevalent.

**3. When I buy new shoes, I should break them in gradually and check my feet often for any sore or red spots.**

*TRUE* – It is important to check your feet often to look for any irritation or damage to the skin. You should also buy shoes at the end of the day when your feet are at their largest, and have your feet measured every time you purchase new shoes. Many podiatrists also participate in a program that enables people with diabetes to receive custom molded shoes that cause less irritation.

**4. As long as the sore on my foot doesn't hurt, I don't need to mention it to my podiatrist.**

*FALSE* - Sores that fail to heal may indicate diabetes. Diabetes can lead to peripheral neuropathy, or numbness of the extremities. This means you may not feel the sore, even if it is a significant problem. Any foot sore should be seen by your podiatrist as soon as possible.

**5. I am diabetic and have had corns and calluses for years. They don't hurt so I shouldn't bother with them.**

*FALSE* - Corns and calluses are caused by increased pressure on the skin. This can lead to ulcerations if they are not properly trimmed on a regular basis. If you have diabetes, your podiatrist should trim corns and calluses for you.

**6. It's normal to experience a burning sensation in your feet.**

*FALSE* - Burning sensations at rest or while in bed could be a sign of diabetes. An increase in burning sensations can mean your sugar is high. Talk to your doctor if you experience burning in your feet.

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**7. People with diabetes should never go barefoot.**

*TRUE* – People with diabetes should always wear proper, well-fitted socks and shoes in order to prevent injury and protect the feet.

**8. People with diabetes need to inspect their shoes daily.**

*TRUE* – It's not enough just to inspect the feet every day; people with diabetes should also check inside their shoes for any hidden objects that could potentially cause damage to the feet.

**9. Your doctor will tell you everything you need to know about how to care for your feet if you have diabetes.**

*FALSE* - Diabetes is a complicated disease, affecting many different parts of the body. For this reason, your diabetes care team should include various specialists, including podiatrists, who have been trained to focus on different areas, from head to toe.

**10. Medicare will sometimes cover special shoes for people with diabetes.**

*TRUE* - Medicare coverage can often be confusing. Ask your doctor about Medicare coverage for shoes especially made for people with diabetes. Many podiatrists also participate in a special custom shoe program that some diabetic patients may qualify for.