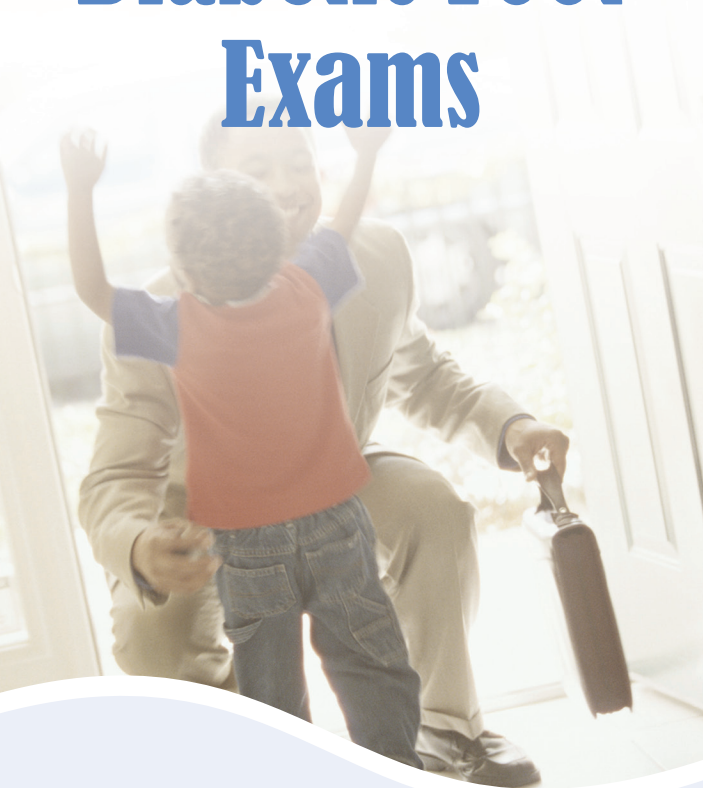




# Comprehensive Diabetic Foot Exams



The Foot & Ankle Center  
Located on the Campus of Johnston-Willis Hospital

Dr. Mitchell R. Waskin • Dr. Jeffrey P. Frost

**Diabetes** is a serious illness that causes

numerous health complications, including foot

problems. The Board Certified podiatrists at the Foot

& Ankle Center are experts in the diagnosis, treatment

and management of foot disorders caused by diabetes.

Our Comprehensive Diabetic Foot Exam is much more

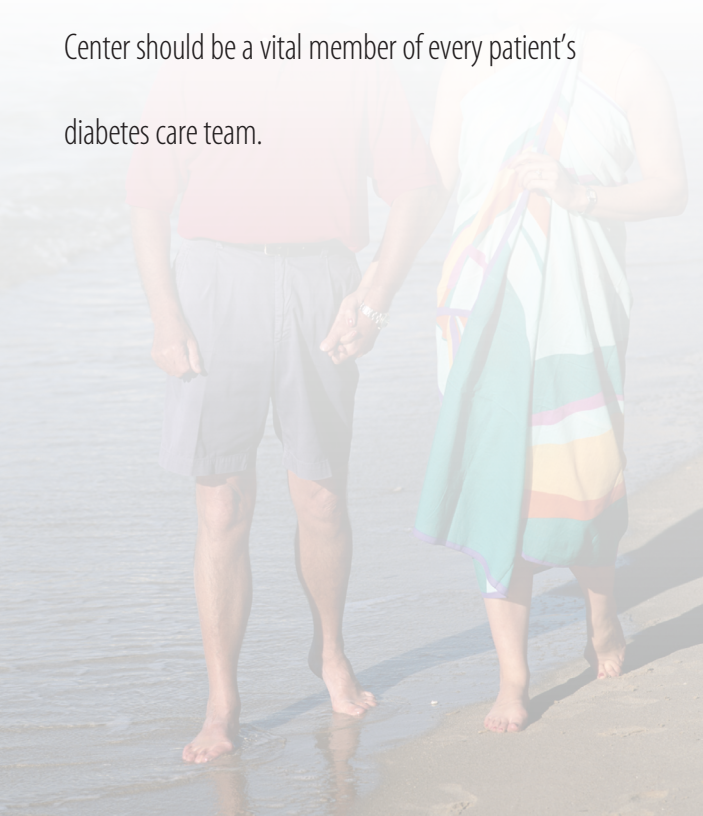
detailed than a typical exam. It's designed to decrease

diabetes-related amputations by preventing, or

aggressively treating, foot problems. The Foot & Ankle

Center should be a vital member of every patient's

diabetes care team.



## What is a Comprehensive Diabetic Foot Exam?

Everyone who has diabetes should have an annual Comprehensive Diabetic Foot Exam. This is an in-depth exam of the foot by our board certified podiatrists, who have a specialty in the area of diabetic foot care. The exam goes far beyond a standard foot exam, to identify conditions that put the foot at risk of developing ulcers or infections which could lead to amputation. Having the exam annually allows doctors to see if there are changes in your feet from year to year, which could indicate the need for medical attention.

We look closely at circulation in the feet, as well as the nerves that provide feeling to the feet. This is a crucial part of the exam because decreased circulation and loss of feeling in the feet are the two conditions responsible for the most amputations. We'll also assess the condition of the skin and check for foot deformities that could increase the chance of infection. Even toenails are evaluated, because thickened toenails can cause pressure ulcers.

If you are a diabetic, please make sure to have a Comprehensive Diabetic Foot Exam once a year — even if you don't have a history of foot problems. It's the best way to catch foot problems early on, when intervention is most effective, and when we have the best chance of preventing a foot problem from developing into a major health threat.

## What you can expect during your Comprehensive Diabetic Foot Exam:

### Quantitative sensory testing.

This non-invasive, pain-free assessment measures the physical stimuli required for a patient to experience sensory perception. Since this testing is quantitative, we can accurately track the progression of nerve damage and institute appropriate preventative care.



## **Pressure analysis.**

Because diabetics sometimes have limited sensation in their feet, they may not feel areas of excessive pressure. Left untreated, these problem areas may cause permanent damage. By locating pressure points, we can recommend special shoes or insoles to alleviate pressure and prevent future problems.

## **Screening for arterial disease.**

When blood vessels narrow and harden they reduce the flow of blood to the feet and legs, which may injure tissue and nerves and cause limb-threatening lesions. Diabetics are at high risk for arterial disease and, although common, it is often overlooked in typical medical exams. At the Foot & Ankle Center, we use an advanced vascular analyzer that will measure blood flow into your feet. This test is painless and helps in the early detection of arterial disease.

## **Detailed orthopedic exam.**

During your Comprehensive Diabetic Foot Exam, our podiatrists will thoroughly examine the structure of your feet to identify and document even minor deformities that may potentially cause future foot problems.

## **Footwear evaluation.**

Our pedorthist will evaluate your current footwear for proper fit and recommend modifications if needed.

## **Diabetes: Risk factors and amputation**

Diabetics have inherent risk factors for foot disease, such as infections and ulcers. In fact, approximately one in four diabetics will develop foot problems.

Risk factors:

- Loss of feeling in the feet (called sensory neuropathy)
- Foot deformities such as bunions and hammertoes
- Peripheral vascular disease (poor circulation)

The high blood sugar of diabetes damages the nerves in your feet, resulting in loss of feeling. Diabetes also damages your vascular system, reducing blood flow to your legs and feet. Both can lead to foot problems, which may necessitate amputation if not treated. Diabetes is the leading cause of lower limb amputations.

There is good news, however. Most foot amputations can be prevented through proper care.

If you have diabetes, the Comprehensive Diabetic Foot Exam at the Foot & Ankle Center is your first step in assuring your ongoing foot health.

## Diabetic Shoe Program

Improper shoes are the most common cause of amputations in the at-risk diabetic foot. Properly fitted shoes can help avert skin breakdown, foot ulceration and infection associated with diabetes, and help prevent existing foot conditions from worsening. The right shoes also provide essential support and reduce the chance of amputation and other foot problems.

At the Foot & Ankle Center, our experienced podiatrist carefully evaluates and measures patients' feet and recommends the right footwear. We offer therapeutic shoes from major manufacturers, such as New Balance, Hush Puppies and Rockport. They are available



in a variety of widths and can accommodate a custom insert, if needed. If the patient has a significant foot deformity, we'll make a mold of the foot and create custom shoes.

The Foot & Ankle Center participates in the Medicare Therapeutic Shoe Program, which provides low- or no-cost diabetic shoes to patients who meet the program's criteria. We also work

with all the major health insurance companies in this area to obtain diabetic shoe coverage benefits.

## **A Comprehensive Annual Diabetic Foot Exam is your best defense against these problems:**

- Every 30 seconds a lower limb is lost to diabetes.
- Diabetes and circulation problems are the leading cause of non-traumatic, lower-limb amputation.
- 85 percent of diabetes-related amputations are preceded by foot ulcers.
- **If you have diabetes, you have a foot problem.**

## **Working with the Foot & Ankle Center**



A Comprehensive Diabetic Foot Exam is different from the typical foot exam most podiatrists administer. Diabetes care is a specialty area within the field of podiatry. The diabetes experts at the Foot & Ankle Center will provide the results of your Comprehensive Diabetic Foot Exam to you and your podiatrist

and primary care physician so together you can make informed decisions about your foot health.

Just think of the Foot & Ankle Center as another member of your diabetes care team!

To schedule an appointment for a Comprehensive Diabetic Foot Exam, call our office at 320-FOOT (320-3668). You can also request an appointment through our website ([www.320-FOOT.com](http://www.320-FOOT.com)) or by fax (804-320-2600).

## Our Physicians



### **Dr. Mitchell R. Waskin**

From as far back as he can recall, Dr. Waskin knew that he wanted a career in the medical field. A graduate of the Ohio College of Podiatric Medicine, Dr. Waskin has been practicing podiatry for over 20 years. He is a member of the American and Virginia Podiatric Medical Associations and the Richmond Academy of Podiatric Medicine. He is certified by the American Board of Podiatric Surgery and is a Fellow of the American College of Foot and Ankle Surgeons.



### **Dr. Jeffrey P. Frost**

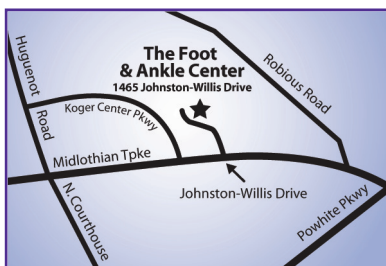
After earning his degree in industrial engineering, Dr. Frost changed course and chose to enter the field of podiatry. He earned his degree at the Ohio College of Podiatric Medicine and has been practicing for over 20 years. Dr. Frost is a member of the American and Virginia Podiatric Medical Associations, the Richmond Academy of Medicine and is board certified by the American Board of Lower Extremity Surgery.

## Need an Expert Speaker for Your Group or Organization?

Our board certified podiatrists are available for seminars on a variety of topics, including:

- Diabetic foot care
- General foot care
- The importance of proper footwear
- Laser treatment for toenail fungus
- Heel pain treatment
- Bunion treatment

To schedule one of our doctors for your event, please call 804-320-FOOT (3668).



*Richmond's All-in-One Foot Care Center*



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Located on the campus of Johnston-Willis Hospital