

General Care of Diabetic Patients

Patients with Diabetes are often at higher risk for serious foot problems because of several factors, including reductions in circulation, nerve function, nutrition, and foot function. Even after these reductions are present, proper foot care dramatically reduces serious complications. Early care of problems prevents most from becoming serious. Good preventative care can often stop the problems from beginning. With diabetic foot care, an ounce of prevention is certainly worth more than a pound of cure.

Diabetic patients with foot problems are permitted by Medicare and most other insurance companies to be treated for routine needs every 9 weeks.

For non routine problems, such as pain, ulcers, infections, difficulty walking, or injuries, patients can be seen as much as is necessary.

According to the American Diabetes Association, patients with Diabetes without complications (such as problem with circulation or nerve function) should have a thorough foot examination each year. At such a visit we check for new or potentially serious problems with circulation, nerve function, foot structure, tendon / muscle flexibility, skin texture and function, corns or calluses (which are signs of structural problems), and even toe nails.

Patients are welcome to our practice for a thorough evaluation of the foot and leg even if they see another podiatrist for care of nails or callouses.

High Frequency of Help for Foot and Leg Symptoms of Diabetic Peripheral Neuropathy and Spinal Stenosis

Dr. Goldman performed an in-office study on a combination of new approaches for evaluation and management of patients presenting with lower extremity symptoms of Diabetic Peripheral Neuropathy. Results and concepts derived from this study and subsequent practice findings have been published in 5 articles and letters, (2003 -2008).

In his previous Florida practice it was found that the majority (over 50%) of the symptoms presented as diabetic peripheral neuropathy are treatable without oral medication or surgery. By combining approaches, some of which Dr. Goldman has published, some of which await publication, and others learned from other physicians, our practice successfully improved symptoms such as

Aching , Burning, Tingling, Numbness,
Difficulty standing, Difficulty walking, or Difficulty sleeping

because of foot and or leg discomfort in over one thousand (1000) patients in Florida and Maryland who presented with such symptoms previously thought of as untreatable .

Patient who improve are expected to improve within 2 days to 3 weeks, depending on the conditions present and the treatment provided.

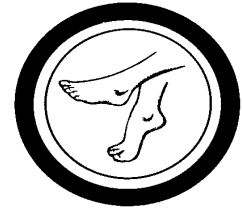


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HelpforYourFeet

**Special Interest in
Conservative (Non-Surgical) Care
of the Foot, Ankle & Leg**

High Frequency of Help for Foot and Leg
Symptoms of Diabetic Neuropathy & Spinal Stenosis



Stuart M. Goldman D.P.M.

Board Certified in Foot & Ankle Surgery

by the

American Board of Podiatric Surgery
Fellow, American College of Foot & Ankle Surgeons

Marquis Who's Who

In America (2005) In the World (2006)
In Medicine and Healthcare (2006)

**Author, Multiple articles
on foot and leg symptoms, 1997-2008**


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HelpForYourFeet.com

About the Doctor



A native of Philadelphia Pennsylvania, Dr. Goldman began practicing in 1981. After his residency in Podiatric Surgery, he served as Chief of Podiatry of Orlando General Hospital, and taught in the Podiatric Surgery and Family Practice Residency programs of Florida Hospital East Orlando until 1996. He joined Orthopedic Surgery Specialists P.A. (Boca Raton) in 1996, and established the South Florida Foot Center in Boca Raton, in January of 2001.

Dr. Goldman began practicing in Baltimore in August, 2007.

In 1984, Dr. Goldman was *Board Certified in Foot and Ankle Surgery* by the *American Board of Podiatric Surgery*. He was re-certified in 1993 & 2003. He is a Fellow of the *American College of Foot and Ankle Surgeons*. He has published articles in research journals of the

American Diabetes Association (2003)
British Diabetes Association (2004.05)
American Podiatric Med. Assoc. (1997,03)
Amer. Col. of Foot & Ankle Surgeons (1999).
Journal of Family Practice (2008)

Hospital Affiliations

1. Sinai Hospital
2. Northwest Hospital Center
3. Greater Baltimore Medical Center

Dr. Goldman has practiced as a Certified Mohel since 1993.

Further information is available at BaltimoreBris.com

Philosophy of Practice

After 28 years of practicing podiatry, it is Dr. Goldman's approach that

"When there is pain, there is a reason."

Dr. Goldman has extensive experience in investigating causes of foot, ankle, and leg pain. We strive to treat without surgery whenever possible, and our practice is aggressive in investigating, at times with non traditional approaches, ways to relieve symptoms without surgical treatment.

Conditions Treated

Our practice provides full service podiatric care, from basic treatment such as care for nails and calluses, to intermediate care such as arch supports, braces, injections, to surgical treatment of foot deformities.

We welcome patients with persistent symptoms despite other medical treatment to come in for evaluation and treatment.

Fungus Nails	Ingrown Nails
Heel & Arch Pain	Corns & Calluses
Leg Cramps	Foot Cramps
Bunions	Hammertoes
Flat Foot	Tendon Pain
Diabetic Foot Care	Burning Feet
Fractures & Sprains	Surgical Failures
Morton's Neuroma	"Growing Pains"
Peripheral Neuropathy	
Tarsal Tunnel Syndrome	
Childrens Foot Deformities	
Warts & other Skin Growths	
"Arthritis" of the Foot & Ankle	
Diabetic Peripheral Neuropathy	
Sleep Interference from Leg Pains	
Walking Limitations from Leg Pains	
Ulcers & Infections of the Foot & Ankle	
Foot and Leg Symptoms of Spinal Stenosis	

Insurance information

Dr. Goldman participates with the following plans and their affiliates:

**Medicare Medicaid Cigna
BC/BS Care First Lifebridge
Johns Hopkins EHP USFHP
Priority Partners Aetna PHCS
MultiPlan United First Health
Coventry MedStar Amerigroup
Jai Medical Bravo-ElderCare
Maryland Physicians Care**

We will add plans, so call or check on our web site to see if your plan is added.

About Surgical Care

Skin conditions such as warts, ingrown nails, or skin growths are treated in our office.

Surgical correction of bunions, hammertoes, and other moderate conditions is usually performed as an outpatient, and usually performed under local anesthesia with IV sedation.

Major procedures are performed at a hospital, and may at times require overnight hospitalization. This will be coordinated with your medical specialist.

In almost all situations, surgery is reserved for people who cannot have relief of symptoms with non surgical care.

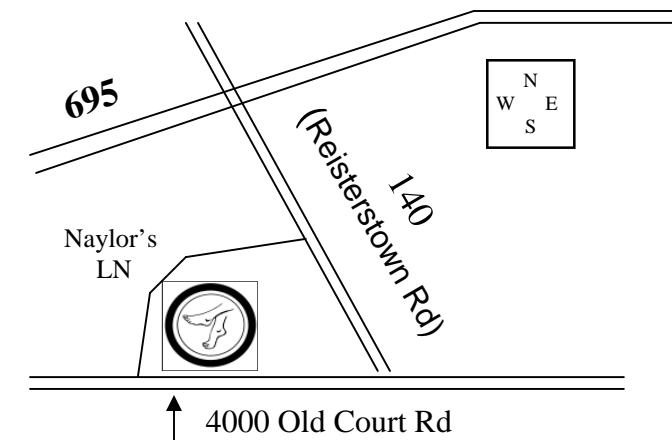
Making an appointment

Patients are seen by appointment only.

In case of urgent need for an appointment (fracture, sprain, infection, or other acute problem), please call our office (410 235-2345) and we will try to see you that day.

To our Old Court Road Office

(Located in the office of Drs. Wister, Rothschild, Rudikoff, Kaplan & Babbitt)



To our Falls Road Office

SE corner - W. Cold Spring Lane

