

# Diabetic Foot Information

*Frequent Help for Diabetic Peripheral Neuropathy and Foot and Leg Symptoms of 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**

## Insurance information

Dr. Goldman participates with:

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

## Making an appointment

Patients are seen by appointment. In case of urgent need, (fracture, sprain, infection, or other acute problem), please call our office and we will try to see you within 24 hours.

Diabetic patients with foot problems are permitted by Medicare and 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 frequently as is necessary.

**Patients may come in for a thorough evaluation of the foot and leg even if they see another podiatrist for routine care.**

## About Diabetic Neuropathy

Dr. Goldman reports that many Diabetic patients can easily and quickly be helped with neuropathic symptoms including aching, burning, tingling, numbness, difficulty standing and walking or sleeping. He has published his findings in articles in research journals of the

**American Diabetes Association** (2003)

**British Diabetes Association** (2004.05)

**American Podiatric Medical Association** (1997,03)

**American College of Foot & Ankle Surgeons** (1999).

**Journal of Family Practice** (2008).

## Self Care for Diabetics

All patients with Diabetes should have a thorough foot examination yearly.  
 Patients with one or more risk factor (neuropathy, poor circulation, structural problems, or history of previous foot ulcer) should have more frequent evaluations.  
 Patients who qualify for the Diabetic Shoe Bill should use appropriate shoes regularly.  
 Patients with no risk factors identified by their podiatrist may provide their own nail care.  
 Patients with any risk factor should have professional treatment of nails, corns or calluses every 2 to 3 months.  
 Check your feet every day. If necessary, get assistance or use a special mirror to visualize the entire foot, (including between the toes) in good light.  
 Wash your feet every day, with a mild soap and warm water. Pat the feet dry, don't rub them.  
 Keep the skin of the foot soft and pliable, with lotion or special cream. Do not put this between the toes. Have skin fungus (athlete's foot) treated.  
 Wear clean seamless socks & good shoes every day. Wear shoes or sturdy slippers at all times, even at home. Wear sneakers at the beach, and pool or divers shoes in the ocean. Never, never go barefoot.  
 Check the inside of your shoes whenever you put them on, to check for foreign objects.  
 Purchase shoes at the end of the day when your feet may be more swollen. Have your feet measured each time.  
 Avoid temperature extremes, heat or cold. Check water temperature of your bathtub with your hands (or elbows, if your hands are numb) prior to immersing your feet.  
 Do low impact exercise, such as walking, walking in water, swimming, stationary bike, or Tai Chi. Keep your feet protected. Seek your doctor's advise on exercise!

## Clinical Signs of Concern

**Poor circulation involves inadequate flow of blood in the foot or leg. Some of the signs and symptoms include:**

- Dry and scaly or shiny skin
- Absence of hair growth on the legs
- Pale or bluish colored feet
- Cracks in the skin of the heels or between the toes
- Cramps or tiredness in the legs brought on by walking, relieved by standing.
- Pain in the feet or legs at rest.

**Nerve function in the feet and legs can be affected. Signs of neuropathy include:**

- \* Tingling or burning in the feet or legs
- \* Loss of feeling or sensation to light touch, temperature, joint position, or vibration
- \* Difficulty standing, walking, getting up out of chair, or with balance
- \* Development of calluses or corns, that may be painless, over pressure points, such as toes or the ball of the foot

**Certain signs or symptoms indicate a serious problem that should be addressed immediately. Notify your podiatrist or primary care physician right away if you note any of the following:**

- ◇ An open sore or blister on your foot
- ◇ Signs or symptoms of infections such as redness, fever, pain, or drainage
- ◇ Any increase swelling of your foot or leg, whether painful or not.
- ◇ Acute worsening of any of the signs of poor circulation or neuropathy.

**Do not delay notification!**

**Do not try to treat even what appears to be a minor problem without aid of a physician.**



# Stuart M. Goldman D.P.M.

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Dr. Goldman uses a combination of approaches to treat neuropathic symptoms including *burning, tingling, numbness, aching or cramping legs or feet, and difficulty walking or sleeping from foot or leg symptoms*. Some details he has published in the articles listed on this brochure, some are not yet published, and some have been learned from other physicians. You can (but do not have to) fill our this questionnaire before your first visit for neuropathy.

**Over 50% of our patients improve, without surgery or medication, between 2 days & 3 weeks.**

## Peripheral Neuropathy Questionnaire Name \_\_\_\_\_

To what do you attribute your Neuropathy? \_\_\_\_\_ Symptoms of Neuropathy? \_\_\_\_\_

How long have you had this condition? \_\_\_\_\_

- How far can you walk before your feet or legs tire?
 

Less than 1 block	1-2 blocks	3-5 blocks	1/2 -1 mile	Over 1 mile
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- To get relief of foot or leg ache / tiredness when you walk do you usually need to
 

Stand and rest	Lean against something	Sit	Lie Down
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- Do you usually find it much easier to walk or stand using a
 

Grocery cart	Yes	No	? Walker	yes	no	? Treadmill	Yes	No	? HEIGHT
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- How long do you usually stand before feeling greater symptoms?
 

Not affected by standing	Less than 5 minutes	Less than 15 minutes	over 15 minutes
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- Are you most comfortable standing:
 

barefoot	very flat shoes	standard shoes	high heel shoes	No difference
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- If you have diabetes, was limitation present before diabetes was diagnosed? Yes No Not Diabetic
 

If Yes....	Less than one year before diagnosis	1-3 years	3- 5 years	over 5 years
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### 7. OVERALL, how would you describe symptoms in your FEET?

- |   |        |          |      |      |   |   |   |   |   |   |   |
|---|--------|----------|------|------|---|---|---|---|---|---|---|
| Numbness                                | 10     | 9        | 8    | 7    | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
|   | Severe | Moderate | Mild | None |   |   |   |   |   |   |   |
| Paresthasias (tingling, pins & needles) | 10     | 9        | 8    | 7    | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
|   | Severe | Moderate | Mild | None |   |   |   |   |   |   |   |
| Discomfort (burning, pain)              | 10     | 9        | 8    | 7    | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
|   | Severe | Moderate | Mild | None |   |   |   |   |   |   |   |

- Are symptoms often worse at night in bed Yes No Are they relieved by sleeping in a recliner Yes No ?  
By sleeping with a pillow under or between your thighs? Y N ? Other

## The Grocery Cart Test *Please do this IF....*

Please do this test if you have limitations in walking because of your feet or legs. Choose a grocery store with numbered aisles, and a place to sit in the front. You will need to do this on two separate days. On each day you will follow the identical protocol, with one major difference. On the first day you will walk with no grocery cart, and on the second day you will use a cart. *If you do not receive improvement with pushing a cart, and you are less than 5 foot 4 inches tall, we will provide you with a wheeled walker adjusted for your height so that you may again test yourself.* Enter the store. Rest on a chair for 5 minutes. Starting at the side of the store where the numbers begin, walk. Record the time at which you start. Walk until you feel your legs begin to tire, and note where you are ( which aisle) and what the time duration was. Continue walking until you feel you must stop or sit to get relief, and record the aisle and amount of time since you began. On the second test day, do the identical walk but pushing a grocery cart.

For consistency, **do not stop at all**, even to look at any items or stop to pick them up, even when with a cart.

Day 1 (no cart) Day 2 (with cart) Day 3 (with our walker)  
(if under 5' 4" inches)

Time (# of minutes) until tired \_\_\_\_\_

Row at which you tire \_\_\_\_\_

Time until you feel you must stop or sit \_\_\_\_\_

Row at which you feel you must stop or sit \_\_\_\_\_

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