**NOTE: This article is property of the American Podiatric Medical Association. Use of this article for any means of distribution, production, or promotion is strictly limited to APMA members in good standing. Any edits made to this document must be limited to the portions highlighted in yellow. Making changes to non-highlighted portions is strictly prohibited.**

**Customize highlighted fields, then send to health-beat reporters in your area. Contact Peggy Tresky at** [**pstresky@apma.org**](mailto:pstresky@apma.org) **with questions or to receive a local media list.**

**Podiatrist Encourages Hispanic Men to Seek Regular Care for Diabetes**

As Americans slowly return to normal activities, doctors are sending an important message that it’s time to focus on managing chronic conditions, such as diabetes, that may have been ignored during the COVID-19 pandemic. November marks Diabetes Awareness Month, and doctors say Hispanic men, in particular, should take note.

“Men tend to ignore new symptoms and avoid seeking regular care,” said <full name>, DPM, a podiatrist in practice at <practice name>, <city, state>, and a member of the American Podiatric Medical Association. Dr. <last name> said complications of diabetes can include a range of serious issues, from non-healing foot wounds to amputation and even death, and that sociocultural factors make the problem even worse among Hispanic men.

“According to the CDC, Hispanics are twice as likely as non-Hispanic whites to be diagnosed with diabetes,” said Dr. <last name>. “Combine that with greater barriers to care, and this is a population at very high risk for serious complications from diabetes.”

Hispanic men tend to put their families first and are often providers, meaning they overlook their own health needs. There are also common myths and misconceptions about diabetes and its treatment options within the Hispanic community. Traditional natural remedies, such as aloe vera, may be favored for healing over modern wound care, for example.

The good news is people with diabetes can help avoid these serious complications with simple steps. Small dietary changes and more exercise can help people with diabetes manage their blood sugar. They should also do a quick daily foot exam to note any changes in their feet. “Be alert to changes in color, temperature, sensation, and even hair growth on your feet,” Dr. <last name> said, “and if you notice even a minor injury, contact your podiatrist.” People with diabetes should also see a podiatrist at least once a year for a regular diabetic foot exam.

The American Podiatric Medical Association (APMA) is marking November’s Diabetes Awareness Month with a public education campaign designed to urge Hispanic men to take better care of themselves and to incorporate regular care from a podiatrist into their overall diabetes care. The campaign, *Es Hora,* reminds men that it’s time to focus on managing their diabetes and preventing life- and limb-threatening complications. The campaign also dispels myths about diabetes that are common to the Hispanic community. To learn more, visit [www.apma.org/diabetes](http://www.apma.org/diabetes).

“Diabetes can have a very real and very negative impact on your quality of life,” said Dr. <last name>. “But our message is that it does not have to. If you manage your condition and protect your feet, you can stay on the job, in the game, and at the heart of your family.”