

5 Questions to Ask Your Doctor

Connecting with a doctor is a simple way to build your diabetes management team to avoid or slow down the progression of foot complications. Get the most out of your visit with five questions to ask your doctor.

- 1 What are some at-home care tips I can do to prevent foot complications?**
Your doctor can suggest at-home foot health strategies to help you prevent foot complications.
- 2 Can temperature monitoring protect my feet?**
Temperature monitoring can help individuals at high risk for lower-extremity ulceration and limb loss. Your doctor can discuss what tools are needed for at-home temperature monitoring.
- 3 What should I do if I notice foot conditions worsening?**
Your doctor can discuss warning signs of foot conditions worsening and what you're at risk for. If you see foot health issues, partnering with your doctor can prevent serious foot complications.
- 4 How often should I come in?**
Your doctor will know your unique situation best and may recommend more frequent checkups throughout the year.
- 5 Is there specific footwear I should wear?**
Footwear designed to deal with foot complications can reduce discomfort and prevent further foot issues. Ask your doctor about shoes, socks, and compression options that can help.

Remember, you don't have to manage diabetes by yourself. Connect with your doctor and other sources of support to prevent foot-related issues and make living with diabetes easier.

Learn more at
<https://www.diabetes.org/living-with-diabetes/complications/footcare>

Educational content provided by Dr. Comfort



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