



# 21 Things You Need to Know About Diabetes and Your Feet

*Neil M. Scheffler*

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Foot problems are a key concern for people with diabetes. Common foot issues usually stem from loss of sensation and can lead to ulcers and sometimes amputation. There are ways to avoid these issues and care for feet that are at risk, but such information is either spread all over larger self-care encyclopedias or hidden on websites across the Internet.

*21 Things You Need to Know about Diabetes and Your Feet* fills this gap by offering people with diabetes the key tips and strategies in diabetic foot care in one concise volume backed by the medical guidelines of the American Diabetes Association. This book covers the causes of foot problems, methods of dealing with these problems, and ways to prevent them.

Dr. Neil Scheffler has written this book with the person with diabetes in mind. In clear, concise language intended for people who are not health care professionals, Dr. Scheffler's writing makes learning about foot care quick, easy, and painless. Intimidating medical jargon is broken down into plain language for the layperson, and he provides a discussion of what each and every medical professional involved in the treatment of feet specializes in.

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