



Thomas F. Vail DPM, FACFS



Elect to Save Your Feet!



▶ PRODUCT STORE

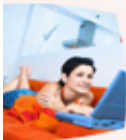
Fall 2010

WWW.VAILFOOT.COM



▶ STEP ALIVE SHOES

E-FOOTNOTES



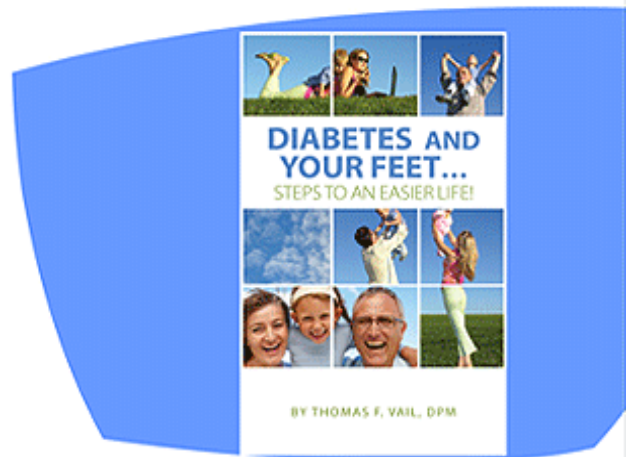
▶ VISIT OUR BLOG

Diabetic focus

ADDRESSING THE NEEDS OF DIABETICS AND PROPER FOOT CARE FOR ALL AGES.

On-Line Version

Appointment Request



AMPUTATION PREVENTION BEGINS WITH 'ELECTING TO SAVE YOUR FEET'

With nearly 246 million people across the globe battling diabetes and its complications this year, staying one step ahead of the disease has never been more important. As America's political landscape reaches an exciting culmination with



November's 2010 election, it's also important to remember to "Elect to Save Your Feet!" More than 60 percent of non-traumatic, lower-limb amputations in the United States occur among people with diabetes. Because of this the Advanced Footcare Clinic is promoting the campaign "Elect to Save Your Feet." This campaign, run during Diabetes Awareness Month in November, aims to educate our patients about the importance of seeing a podiatrist regularly to prevent diabetic, lower limb amputations.

[READ MORE...](#)



CDFE...It can Save Your Life! Commit to a Comprehensive Diabetic Foot Exam every year. This is an examination that is dedicated to the evaluation of pressure to the feet, sensation and circulation. [Learn more....click here.](#)



PAD Testing can save your Feet! PAD or Peripheral Arterial Disease affects millions of Americans over age 50. Blocked blood flow to the legs and feet caused by atherosclerosis or the build-up of plaque in the artery walls can cause pain and numbness. If severe enough, blocked blood flow can cause tissue death known as gangrene. PAD and diabetes are the leading cause of non-traumatic, lower-limb amputations. **Learn more on the symptoms and testing....click here.**



Your Diabetes Management Team of Doctors and Specialists is on your side! Diabetes can affect your body from head to toe. Therefore, more than one medical specialist may be needed to help control the disease as part of a comprehensive diabetes management team. **Learn more on who should be on your team....click here.**



Fall
Recipe of the Month
Spicy Pumpkin Pie
Click Here for Printable Version



Click the Voting Booth to Download your November Fitness Action Plan! **E-mail us your results and receive a Free Gift!**

