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**Podiatrists Encourage Asian Women to Seek Regular Care for Diabetes**

*Foot and ankle physicians and surgeons say women focus on families’ needs at expense of their health.*

CITY, State abbreviation, November <date>, 2022—Podiatrists are concerned about the growing prevalence of diabetes among Asian Americans and are sending a clear message, especially to Asian American women: *It’s time* to start taking care of your diabetes. Foot and ankle surgeons say sociocultural factors among Asian Americans lead many women to devote themselves to their families to the detriment of their own health.

According to the Centers for Disease Control and Prevention, Asian Americans face a 40-percent higher risk of being diagnosed with diabetes than non-Hispanic white Americans. Among Asian Indians, that figure skyrockets to 70 percent.

The American Podiatric Medical Association (APMA) is marking November’s Diabetes Awareness Month with a public education campaign designed to urge Asian women to take better care of themselves and to incorporate regular care from a podiatrist into their overall diabetes care. The campaign, *It’s Time*, encourages Asian women with diabetes to take steps to manage their blood sugar, be alert to changes in their feet, and see a podiatrist for regular diabetic foot care. The campaign also dispels myths about diabetes that are common to Asian cultures.

“Asian Americans have an elevated risk of being diagnosed with diabetes,” said APMA Member <physician’s name>, DPM. “Combine that with a tendency to overlook self-care, and Asian women are a population at very high risk for serious complications from diabetes.”

Asian women tend to put their families first, meaning they often overlook their own health needs. There are also common misconceptions about diabetes and its treatment options within the Asian community.

“Diabetes can cause serious complications in the feet, including non-healing wounds, infection, and even amputation,” said Dr. <last name>, who is in practice with <name of practice or institution>. “That’s why it’s so important to educate this population about how they can manage their diabetes and protect their feet, which will keep them at the heart of their families.”

To learn more about the campaign, visit [www.apma.org/diabetes](http://www.apma.org/diabetes).

*The American Podiatric Medical Association (APMA) is the nation's leading professional organization for today’s podiatrists. Doctors of Podiatric Medicine (DPMs) are qualified by their education, training, and experience to diagnose and treat conditions affecting the foot, ankle, and structures of the leg. APMA has 53 component locations across the United States and its territories, with a membership of more than 12,500 podiatrists. All practicing APMA members are licensed by the state in which they practice podiatric medicine. For more information, visit www.apma.org.*