

Title:

Ask Your Doctor to 'Knock Your Socks Off'

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Summary:

Reflexes, blood pressure, eyesight and respiration -all are commonly checked during an annual

Keywords:

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Article Body:

Reflexes, blood pressure, eyesight and respiration -all are commonly checked during an annual

The human foot often is the first to show initial signs of severe medical conditions, such as

Diabetes affects 18 million Americans by keeping their bodies from producing or properly using

Unfortunately, many Americans - nearly 5.2 million, according to the Centers for Disease Contr

When it's too late, the consequences often are severe: heart disease, stroke, high blood press

The good news is there are ways to detect diabetes at its onset, before it does further damage

"Early detection is paramount and something as simple as taking your shoes and socks off for a

In fact, annual foot screenings could reduce diabetic foot amputations by as much as 85 percent

Knowing foot-related diabetes warning signs also is vital in early detection. Alert a family p

* Redness.

* Numbness.

* Swelling.

* Feet feel cold to the touch from decreased blood circulation.

* Inflammation.

* Noticeable changes to the feet.

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