

 American Diabetes Association®

por tu familia®

Flying Doctors

September 12, 2015

Desert Mirage High School
86150 66th Ave.
Thermal, CA 92274



MODERN WOUND CARE MANAGEMENT

Modern Wound Care Management (MWCM) is the first of a series of “well-assembled” meetings that include a giving component. Conference

Director, Robert McLafferty, MD, has partnered with the American Diabetes Association to raise money to purchase special shoes for patients suffering from diabetic foot ulcers. Larissa Roman, Executive Director of the San Diego Chapter of the American Diabetes Association is quoted,

“We are excited to have this opportunity to have a real impact on the potential of saving a diabetic patient from having an amputation.

Prevention of just one amputation represents a win in our organization and the evidence shows that custom-made properly fitting shoes can prevent amputation in a diabetic patient.” Dr. McLafferty has created the slogan,

“If the shoe fits, DONATE IT!”

If the Shoe Fits, DONATE IT!

- **Diabetes** can reduce the blood supply to your **feet** and cause a loss of feeling known as peripheral neuropathy. This can mean **foot** injuries do not heal well, and you may not notice if your **foot** is sore or injured. If you have **diabetes**, you're 15 times more likely to have a limb amputated due to gangrene.

This is why having properly fitted shoes is important for people living with the disease.



Sheila Mazdyasni, Senior Manager Area Community Engagement





Portion Control and the Healthy Plate Method are just two simple ways people can manage their diabetes.



**The ADA gave 40+ pairs of shoes away
at the 2015 Flying Doctor's event**



Congressman Raul Ruiz came out and supported both the Flying Doctor's event and the American Diabetes Association

- diabetic shoes must be prescribed by a physician and fit by a qualified individual, such as an orthotist, podiatrist or pedorthist.
- The shoes must also be equipped with a removable orthotic.
- Foot orthotics are devices such as shoe inserts, arch supports, or shoe fillers such as lifts, wedges and heels.
- The diabetic shoes and custom-molded inserts work together as a preventative system to help diabetics avoid foot injuries and improve mobility.





- People with diabetic neuropathy in their feet may have a false sense of security as to how much at risk their feet actually are. An ulcer under the foot can develop in a couple of hours. The primary goal of therapeutic footwear is to prevent complications, which can include strain, ulcers, calluses, or even amputations for patients with diabetes and poor circulation
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- The people pictured here are just a few that received shoes free of cost at the Flying Doctor's event.
- With the help of a podiatrist each person was fitted to ensure that they were receiving the correct style and size specific to them.
- Additionally, one of the requirements in order to receive these shoes was the absence of health insurance and that they have diabetes.



- The American Diabetes Association would also like to thank...



For their help and support in making this program a success and connecting us to those that needed help the most!
