

## In Step

by Arthur Lukoff, D.P.M.

### The Medicare Diabetic Shoe Program

*Shoes That Fit Go A Long Way To Preventing Complications From Diabetes*

Diabetes is reaching epidemic proportions in the United States. There has been an increase of 33% during the past decade, with the diabetic population currently topping 16 million people. There are many complications associated with diabetes, including kidney, heart, vision, circulatory, and foot problems. The good news is that many of these potential problems can be minimized as a result of lifestyle changes, medications, and other preventive care.

Amputations or partial amputations of the feet and legs are also growing at an alarming rate. (The number of these lower extremity amputations grew by 28% in just the past several years.) In fact, it is the leading cause of non-traumatic amputation in the United States.

Recently, officials from Medicare, the American Podiatric Medical Association, and the American Diabetes Association created a task force in order to explore ways to reduce the number of amputations in the diabetic populations. Over half of these amputations could have been prevented by timely, conservative footcare.

Few if any patients are aware of the Medicare coverage for preventive care. As result of this lack of awareness, roughly 3% of the population who may be qualified to receive the Medicare footwear actually do. Medicare coverage for protective footwear and shoe inserts has helped to reduce foot complications.

Podiatrists are qualified to evaluate, prescribe, and dispense these protective products to patients with diabetes. Medicare pays for 80% of the cost of the shoes and special insoles and many secondary insurers will pay the remaining 20%. If you have diabetes, you should be evaluated by your podiatrist at least yearly for evaluation of circulation and protective sensation and also to see if you qualify for the Diabetic Shoe Program.



**LIGHTHOUSE DELI**  
**EAT IN - TAKE OUT**  
 Hot Foods  
 Sandwiches  
 Homemade Salads,  
 Pies, Muffins,  
 Hot Soups

**BREAKFAST • LUNCH • DINNER**  
 DAILY LUNCH & BREAKFAST SPECIALS

**PLATTERS AVAILABLE**  
 Cold Cut • Wing • Vegetable  
 — 2 • 4 • 6 ft. Subs —  
 (Boar's Head)

**210-1402**  
**FAX 210-1207**

107 Canal St., Ellenville, NY 12428  
 M-F 5:30am-7pm • Sat 6am-6pm • Sun 6:30am-4pm

## WAWARSING IS RISING

### 2003: The Year of Change

*Dr. Richard H. Craft*  
 Supervisor, Town of Wawarsing



**MARK THIS DAY ON YOUR CALENDAR!!!  
Wed. 7/23**

**FREE TOOL SERVICE:**  
 \*With purchase of box of fasteners for repaired tool  
 Service includes:  
 >Tool performance check  
 >Cleaning  
 >Rubber part replacement  
 Limit 2 tools per customer  
 Must be current models  
 Must be brought in at event

**THORNTON  
HARDWARE**  
 216 Canal St.  
 Ellenville, NY

**647-5321**

**BOSTITCH TOOL DEMO DAY!**

**STOP BY FOR:**

- > FREE TOOL SERVICE \*
- > At-event special buys!
- > MEET FACTORY REPS
- > Try out the new products
- > TOOL TRADE-IN DEALS!



**8:00 am to  
2:00 pm**

**FREE LUNCH:**  
 hot dogs, chips,  
 soda!!!

