**Sample Social Media Posts**

**Twitter**

1. It’s #DiabetesAwarenessMonth. Follow us to learn why you should #IncludeaDPM in your #diabetes care: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
2. Worldwide, someone loses a limb every 20 seconds as a result of #diabetes. #TodaysPodiatrist can help you avoid becoming a statistic.
3. According to @CDCgov, >60% of non-traumatic lower-limb amputations occur in ppl w/ #diabetes. Follow us for prevention tips.
4. Seeing a #podiatrist 2x a year can help reduce amputation rates by 45-85%! Schedule your appointment today!
5. If you have #diabetes, you’re at risk for vascular disease. Learn the signs of vascular disease with our guide: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
6. Successfully managing #diabetes is a team effort. Find out why #TodaysPodiatrist is an integral player: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
7. Outsmart diabetes by doing daily foot exams. Not sure how to do one? Check out our step-by-step guide: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
8. #Neuropathy or loss of sensation in your #feet can be a side effect of #diabetes. Find out more: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
9. Why you should #IncludeaDPM in your diabetes-management team: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
10. Have #diabetes? Daily foot exams can reduce your risk of amputation. Make an appointment w/ a #podiatrist to learn how to do them yourself.
11. What is #neuropathy and why should I #IncludeaDPM if I have it? (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
12. What is peripheral arterial disease and why is #diabetes a risk factor? (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
13. If you have trouble reaching your feet to do your daily foot exam, try propping a mirror on the floor or ask a family member to help.
14. Have a wound on your foot that won’t heal? It could be vascular disease. Make an appointment w/ your podiatrist before it turns into an ulcer.
15. Newly diagnosed with #diabetes? #TodaysPodiatrist can help you prevent foot ulcers, amputation & more: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
16. Don’t let #diabetes run your life. Be proactive and #IncludeaDPM to avoid foot complications: (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)

Facebook

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2. Worldwide, someone loses a limb every 20 seconds as a result of diabetes. Today’s podiatrist can help you avoid becoming a statistic. (link) [www.nyspma.org/diabetes](http://www.apma.org/diabetes)
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