

VISITING A PODIATRIST

Why visit a podiatrist?

A podiatrist checks the health of your feet, looks for foot problems and treats them. They can also tell you how to best care for your feet, including what to wear on your feet.

How often to visit?

How often you need to have your feet checked depends on the health of your feet.

6 to 12 months

Even if your feet are healthy, visit a podiatrist every 6 to 12 months for a diabetes foot assessment.

3 to 6 months

If your feet are at risk of developing foot problems you may need to have your feet checked every 3 to 6 months.

2 to 4 weeks

If you have current foot problems, such as ulcers, you need to see your podiatrist or doctor more often for treatment. This may be every 2 to 4 weeks.

What does the podiatrist check?

The podiatrist will check your nerve and blood supply as well as the general condition of your feet. **If there is no podiatrist in your area, your doctor or practice nurse can check your feet.**

Financial support options

There are different ways you can have your feet checked with a podiatrist:



Your doctor can refer you for up to 5 visits a year through Medicare to a range of health professionals including a podiatrist.



If you have private health insurance, your plan may cover podiatry visits.



If you have a Department of Veteran Affairs (DVA) gold card you are entitled to free podiatry services from private podiatrists.



If you need treatment for foot problems such as an ulcer your doctor may refer you to a high-risk foot service at one of the public hospitals.

Please note, some podiatrists may charge above the Medicare rebate. This means there would still be a *gap payment* for you to pay. Therefore, it is a good idea to find out about possible *gap payments* before booking an appointment.

For more information about diabetes-related foot health go to www.footforward.org.au