

FPMA FOOTPRINTS

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INTRODUCING FPMA'S NEW PODCAST:

REAL TALK WITH A FOOT DOC



By Timothy Miller, DPM

As podiatrists, we know that foot and ankle health is a cornerstone of overall well-being. However, despite its importance, many people overlook the impact that healthy feet have on their daily lives. Enter FPMA's new podcast Real Talk with a Foot Doc, a fresh and engaging initiative designed to connect podiatric professionals with the general public, offering essential insights into foot and ankle care.

This podcast is not just another medical show. It's an opportunity for podiatrists to reach a wider audience and educate people about the vital role our specialty plays in promoting lifelong health. For podiatrists looking to engage with patients in new, impactful ways, this podcast is a game-changer.

Hosted by FPMA President Dr. David Schweibish, FPMA Secretary Dr. Timothy Miller and Barry University Professor Dr. Edgar Sy, this podcast tackles a wide variety of subjects aimed to raise awareness of what our profession offers. The goal is to educate listeners about the significance of foot health, from basic care tips to advanced treatment options.

Podcast episodes will cover a wide variety of topics that are directly relevant to everyday life and anyone with feet, making complex medical information accessible, whether a listener is young, old, athletic, dealing with a specific foot condition or simply wants to learn how to take better care of their feet. The podcast offers actionable advice that can be implemented easily into daily routines, such as footwear tips, injury prevention and pain management.

Foot and ankle health is often surrounded by myths and misconceptions. *Real Talk with a Foot Doc* takes a proactive approach, addressing these myths head-on and clarifying how issues like diabetes-related foot complications or flat feet can impact anyone at any age.

The core message of this podcast is prevention. Early detection is key to avoiding long-term damage, and the podcast emphasizes the importance of regular foot checkups and self-care. From the warning signs of plantar fasciitis to the effects of poor circulation, listeners will gain valuable knowledge about how to identify potential foot issues before they worsen.

The podcast can also serve as an outreach tool for podiatrists. It provides a platform for professionals to engage with the

community, building trust and educating potential patients. As a podiatrist, your role is not simply diagnosing and treating conditions; it's about fostering a culture of education. By sharing this podcast with your patients, you are providing them with a tool to better understand the importance of their feet and how they can take better care of them. Engaged, informed patients are more likely to seek professional care when needed and follow your advice.

Sharing this podcast with your network or discussing episodes in your practice helps position you as an authority in the field. It shows your commitment to spreading knowledge and keeping your patients up to date with the latest in foot and ankle care. The more you engage with platforms like this, the more your practice will be associated with quality and trustworthiness.

A well-informed community is a healthier community. By encouraging your patients to tune in to the FPMA podcast, you're helping spread awareness about podiatric issues that affect people every day. From how to choose the right shoes to dealing with sports injuries, the podcast provides vital information that could improve the quality of life for your patients and the community at large.

How You Can Support Real Talk with a Foot Doc:

- **Share the Podcast with Your Patients:** Use the podcast as a resource to educate your patients during appointments, in your waiting room and/or via your social media channels.
- **Listen and Learn:** Stay up to date with the latest discussions in the world of podiatric care. The podcast offers valuable knowledge that can benefit both your practice and personal development.
- **Encourage Your Team to Listen:** Ensure your entire office is on the same page when it comes to the latest in foot care. Sharing knowledge as a team can enhance the overall patient experience.

Real Talk with a Foot Doc is more than just a tool for educating the

general public; it's an opportunity for podiatrists to play an active role in shaping the health of their communities. As we move toward a more digital, connected world, podcasts are an invaluable way to break down barriers to care, increase patient engagement and strengthen the relationship between practitioners and the public.

Encourage your patients to tune in. Stay informed and use this unique resource to improve your practice and the lives of those you serve. By embracing this new platform, we can ensure that everyone walks away with healthier feet and better overall health.

What makes *Real Talk with a Foot Doc* unique is its broad audience appeal. Think of it as "Inside the NBA" meets podiatry — an approachable, lighthearted, yet highly educational podcast designed for everyone. Whether you're a college student curious about health, a non-medical listener looking for practical tips, or a seasoned medical professional wanting to stay current, the podcast delivers value in an engaging, conversational style. By blending expert knowledge with relatable discussions, it breaks down barriers and makes podiatric medicine accessible, entertaining and useful for all.

Access the *Real Talk with a Foot Doc* website at www.realtalkfootdoc.com.

