

## NLLIC / ACA Fact Sheets About Limb Loss and Limb Difference

May 2008

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at [library@amputee-coalition.org](mailto:library@amputee-coalition.org).

« [View Other Topics](#)

These original NLLIC fact sheets can quickly answer your questions about limb loss statistics, available resources and other important topics such as surgery, pain, advocacy and peer support.

Each concise and informative fact sheet is based on the information requests most frequently received by the NLLIC. New fact sheets are added every year and resources are updated often. Be assured that trustworthy and accurate information is our goal. To ensure this, experts on the ACA Medical Advisory Committee review medical fact sheets.

*All fact sheets are produced by the Amputee Coalition of America, Knoxville, Tennessee, unless otherwise noted.*

### Topics:

- Advocacy
- Children
- Financial Help/Funding
- Information for New Amputees
- Other
- Peer Support
- Preparing for Surgery
- Prosthetics
- Statistics and Epidemiology



### Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



## Advocacy

### Citizen's Patrol Unit: Tips for Voluntary Enforcement of Disabled Parking Laws and Ordinances.

Handicapped parking spaces allow individuals with disabilities the opportunity to access the same businesses that the general population enjoys. A local Citizen Patrol Unit is one approach to keeping designated handicapped parking spaces available for those who are legally entitled to their use.

[www.amputee-coalition.org/fact\\_sheets/parkingfacts.html](http://www.amputee-coalition.org/fact_sheets/parkingfacts.html)

[www.amputee-coalition.org/fact\\_sheets/parkingfacts.pdf](http://www.amputee-coalition.org/fact_sheets/parkingfacts.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/parkingfacts.html](http://www.amputee-coalition.org/spanish/fact_sheets/parkingfacts.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/parkingfacts.html](http://www.amputee-coalition.org/spanish/fact_sheets/parkingfacts.html)

**Do's and Don'ts of a Legislative Visit.** Tips for giving successful presentations and holding productive meetings with lawmakers when advocating for legislative change.

[www.amputee-coalition.org/fact\\_sheets/leg\\_vist.html](http://www.amputee-coalition.org/fact_sheets/leg_vist.html)

[www.amputee-coalition.org/fact\\_sheets/leg\\_vist.pdf](http://www.amputee-coalition.org/fact_sheets/leg_vist.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/leg\\_vist.html](http://www.amputee-coalition.org/spanish/fact_sheets/leg_vist.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/leg\\_vist.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/leg_vist.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/leg\\_vist-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/leg_vist-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/leg\\_vist-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/leg_vist-ez.html)

**How Go I Get Help From My Congressional Representatives?** Ideas for seeking help from congressional representatives.

[www.amputee-coalition.org/fact\\_sheets/congresshelp.html](http://www.amputee-coalition.org/fact_sheets/congresshelp.html)

[www.amputee-coalition.org/fact\\_sheets/congresshelp.pdf](http://www.amputee-coalition.org/fact_sheets/congresshelp.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/congresshelp-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/congresshelp-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/congresshelp-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/congresshelp-ez.html)

**Suggestions for Social Security Disability Applicants.** Approximately 70-75 percent of first-time applicants are denied Social Security Disability benefits. Several appeals may also be denied before an individual is successful in proving his or her eligibility. This fact sheet includes some suggestions on what to do if you have been denied.

[www.amputee-coalition.org/fact\\_sheets/ssdapplicants.html](http://www.amputee-coalition.org/fact_sheets/ssdapplicants.html)

[www.amputee-coalition.org/fact\\_sheets/ssdapplicants.pdf](http://www.amputee-coalition.org/fact_sheets/ssdapplicants.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/ssdapplicants.html](http://www.amputee-coalition.org/spanish/fact_sheets/ssdapplicants.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/ssdapplicants.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/ssdapplicants.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/ssdapplicants-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/ssdapplicants-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/ssdapplicants-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/ssdapplicants-ez.html)

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## Children

**Overcoming Childhood Obesity.** Obesity is a national epidemic, and childhood obesity rates are growing. This fact sheet contains prevention tips and resources.

[www.amputee-coalition.org/fact\\_sheets/overcoming\\_childhood\\_obesity.html](http://www.amputee-coalition.org/fact_sheets/overcoming_childhood_obesity.html)

[www.amputee-coalition.org/fact\\_sheets/overcoming\\_childhood\\_obesity.pdf](http://www.amputee-coalition.org/fact_sheets/overcoming_childhood_obesity.pdf)

**Peer Support for Children and Parents.** This fact sheet discusses peer visitation and resources for parents and children. Peers can help new amputees adjust to a new life by sharing information, offering emotional and practical support and serving as models of success. Peer support is especially helpful to young people.

[www.amputee-coalition.org/fact\\_sheets/peer\\_support\\_children\\_parents.html](http://www.amputee-coalition.org/fact_sheets/peer_support_children_parents.html)

[www.amputee-coalition.org/fact\\_sheets/peer\\_support\\_children\\_parents.pdf](http://www.amputee-coalition.org/fact_sheets/peer_support_children_parents.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/peer\\_support\\_children\\_parents.html](http://www.amputee-coalition.org/spanish/fact_sheets/peer_support_children_parents.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/peer\\_support\\_children\\_parents.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/peer_support_children_parents.pdf)

**Summer Camps for Children With Physical Disabilities.** The fact sheet includes a list of camps around the country that provide summer retreats for children with physical disabilities.

[www.amputee-coalition.org/fact\\_sheets/kidscamps.html](http://www.amputee-coalition.org/fact_sheets/kidscamps.html)

[www.amputee-coalition.org/fact\\_sheets/kidscamps.pdf](http://www.amputee-coalition.org/fact_sheets/kidscamps.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/kidscamps.html](http://www.amputee-coalition.org/spanish/fact_sheets/kidscamps.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/kidscamps.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/kidscamps.pdf)

**When a Parent Loses a Limb: Helping Children Cope.** This fact sheet includes common questions that children ask when a parent has an amputation. Also included are several points of discussion to promote communication between parent and child.

[www.amputee-coalition.org/fact\\_sheets/childcope.html](http://www.amputee-coalition.org/fact_sheets/childcope.html)

[www.amputee-coalition.org/fact\\_sheets/childcope.pdf](http://www.amputee-coalition.org/fact_sheets/childcope.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/childcope.html](http://www.amputee-coalition.org/spanish/fact_sheets/childcope.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/childcope.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/childcope.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/childcope-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/childcope-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/childcope-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/childcope-ez.html)

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## Financial Help/ Funding

**ACA Annual Conference Funding Possibilities.** Should funds for travel, hotel and registration for ACA's Annual Conference be limited, here are some alternative funding possibilities.

[www.amputee-coalition.org/fact\\_sheets/funding\\_ann\\_mtg.html](http://www.amputee-coalition.org/fact_sheets/funding_ann_mtg.html)

[www.amputee-coalition.org/fact\\_sheets/funding\\_ann\\_mtg.pdf](http://www.amputee-coalition.org/fact_sheets/funding_ann_mtg.pdf)

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**Financial Assistance for Prostheses and Other Assistive Devices.** This fact sheet contains information about organizations that provide assistance to individuals who are otherwise unable to afford prosthetic care. Each organization has its own methods of providing services and requirements for eligibility.

[www.amputee-coalition.org/fact\\_sheets/assist\\_orgs.html](http://www.amputee-coalition.org/fact_sheets/assist_orgs.html)

[www.amputee-coalition.org/fact\\_sheets/assist\\_orgs.pdf](http://www.amputee-coalition.org/fact_sheets/assist_orgs.pdf)

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Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/assist\\_orgs.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/assist_orgs.pdf)

**Fundraising for Your Support Group.** Fundraising ideas for support groups depend on member involvement. This fact sheet outlines several different types of fundraisers.

[www.amputee-coalition.org/fact\\_sheets/sgfundraising.html](http://www.amputee-coalition.org/fact_sheets/sgfundraising.html)

[www.amputee-coalition.org/fact\\_sheets/sgfundraising.pdf](http://www.amputee-coalition.org/fact_sheets/sgfundraising.pdf)

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Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/sgfundraising.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/sgfundraising.pdf)

**Housing Modification: Low Interest HUD Sponsored Loans.** Information about HUD-sponsored loans. Includes a listing of toll-free numbers.

[www.amputee-coalition.org/fact\\_sheets/housingmodification.html](http://www.amputee-coalition.org/fact_sheets/housingmodification.html)

[www.amputee-coalition.org/fact\\_sheets/housingmodification.pdf](http://www.amputee-coalition.org/fact_sheets/housingmodification.pdf)

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Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/housingmodification.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/housingmodification.pdf)

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## Information for New Amputees *(also, see Preparing for Surgery)*

**Limb Loss Definitions.** An extensive listing of terms relating to limb differences.

[www.amputee-coalition.org/fact\\_sheets/definitions.html](http://www.amputee-coalition.org/fact_sheets/definitions.html)

[www.amputee-coalition.org/fact\\_sheets/definitions.pdf](http://www.amputee-coalition.org/fact_sheets/definitions.pdf)

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Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/definitions.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/definitions.pdf)

**Locating a Certified Prosthetist.** Lists several online directories of certified prosthetists.

[www.amputee-coalition.org/fact\\_sheets/locating\\_cp.html](http://www.amputee-coalition.org/fact_sheets/locating_cp.html)

[www.amputee-coalition.org/fact\\_sheets/locating\\_cp.pdf](http://www.amputee-coalition.org/fact_sheets/locating_cp.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/locating\\_cp.html](http://www.amputee-coalition.org/spanish/fact_sheets/locating_cp.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/locating\\_cp.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/locating_cp.pdf)

**Pain Management and the Amputee** by Partners Against Pain and the NLLIC. This fact sheet provides important practical information that you can use to get help managing your pain. In many instances, pain will decrease over time. Other times it may be necessary to take aggressive steps to control pain. This fact sheet provides information about handling a range of outcomes.

[www.amputee-coalition.org/fact\\_sheets/painmgmt.html](http://www.amputee-coalition.org/fact_sheets/painmgmt.html)

[www.amputee-coalition.org/fact\\_sheets/painmgmt.pdf](http://www.amputee-coalition.org/fact_sheets/painmgmt.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/painmgmt.html](http://www.amputee-coalition.org/spanish/fact_sheets/painmgmt.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/painmgmt.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/painmgmt.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/painmgmt-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/painmgmt-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/painmgmt-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/painmgmt-ez.html)

**Prosthetics FAQs for the New Amputee.** You've had an amputation, your residual limb is healing and it's time to start thinking about prostheses. This fact sheet has some answers to questions that new amputees frequently ask.

[www.amputee-coalition.org/fact\\_sheets/prosfaq.html](http://www.amputee-coalition.org/fact_sheets/prosfaq.html)

[www.amputee-coalition.org/fact\\_sheets/prosfaq.pdf](http://www.amputee-coalition.org/fact_sheets/prosfaq.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/prosfaq.html](http://www.amputee-coalition.org/spanish/fact_sheets/prosfaq.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/prosfaq.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/prosfaq.pdf)

**Steps to Effective Advocacy.** These are steps the ACA recommends for effective patient advocacy, whether acting on your own behalf or in the interest of a friend or family member.

[www.amputee-coalition.org/fact\\_sheets/effectadvocacy.html](http://www.amputee-coalition.org/fact_sheets/effectadvocacy.html)

[www.amputee-coalition.org/fact\\_sheets/effectadvocacy.pdf](http://www.amputee-coalition.org/fact_sheets/effectadvocacy.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/effectadvocacy.html](http://www.amputee-coalition.org/spanish/fact_sheets/effectadvocacy.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/effectadvocacy.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/effectadvocacy.pdf)

**Wound Care: Preventing Infection.** Any wound from amputation or other surgery is at risk of becoming infected. The risk is due to the skin opening, which can allow germs or dirt to enter the bloodstream.

Infections can cause pain, fever, redness, swelling and tenderness. They can lead to further surgery or death if not treated properly. This fact sheet looks at how to take care of the residual limb after surgery.

[www.amputee-coalition.org/fact\\_sheets/woundcare.html](http://www.amputee-coalition.org/fact_sheets/woundcare.html)

[www.amputee-coalition.org/fact\\_sheets/woundcare.pdf](http://www.amputee-coalition.org/fact_sheets/woundcare.pdf)

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Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/woundcare-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/woundcare-ez.html)

## Other

**Mismatched and Single Shoes.** Resources for those who need a single shoe or shoes of different sizes.

[www.amputee-coalition.org/fact\\_sheets/oddshoe.html](http://www.amputee-coalition.org/fact_sheets/oddshoe.html)

[www.amputee-coalition.org/fact\\_sheets/oddshoe.pdf](http://www.amputee-coalition.org/fact_sheets/oddshoe.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/oddshoe.html](http://www.amputee-coalition.org/spanish/fact_sheets/oddshoe.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/oddshoe.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/oddshoe.pdf)

**Paratransit Services.** Paratransit is a specialized, door-to-door transport service for people with disabilities who are not able to ride fixed-route public transportation. This fact sheet looks at eligibility for this service, costs and ways to locate services.

[www.amputee-coalition.org/fact\\_sheets/paratransit.html](http://www.amputee-coalition.org/fact_sheets/paratransit.html)

[www.amputee-coalition.org/fact\\_sheets/paratransit.pdf](http://www.amputee-coalition.org/fact_sheets/paratransit.pdf)

**Resources for Seniors With Limb Differences and Their Caregivers.** Contact information for a variety of service organizations on aging, medical and prescription drugs, caregivers and seniors with disabilities.

[www.amputee-coalition.org/fact\\_sheets/resources\\_seniors\\_caregivers.html](http://www.amputee-coalition.org/fact_sheets/resources_seniors_caregivers.html)

[www.amputee-coalition.org/fact\\_sheets/resources\\_seniors\\_caregivers.pdf](http://www.amputee-coalition.org/fact_sheets/resources_seniors_caregivers.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/resources\\_seniors\\_caregivers.html](http://www.amputee-coalition.org/spanish/fact_sheets/resources_seniors_caregivers.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/resources\\_seniors\\_caregivers.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/resources_seniors_caregivers.pdf)

**Survival Guide for Caregivers: De-Stressing to Stay Healthy.** Studies show that caregivers are less likely to take care proper of themselves. This fact sheet suggests habits and activities for caregivers to stay healthy and de-stress.

[www.amputee-coalition.org/fact\\_sheets/survival\\_guide\\_caregivers.html](http://www.amputee-coalition.org/fact_sheets/survival_guide_caregivers.html)

[www.amputee-coalition.org/fact\\_sheets/survival\\_guide\\_caregivers.html](http://www.amputee-coalition.org/fact_sheets/survival_guide_caregivers.html)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/survival\\_guide\\_caregivers-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/survival_guide_caregivers-ez.html)

**Travel Information for People With Disabilities.** Basic information about a broad spectrum of travel issues for those with disabilities. The information comes from a wide variety of sources and includes references to where additional information can be found.

[www.amputee-coalition.org/fact\\_sheets/travel.html](http://www.amputee-coalition.org/fact_sheets/travel.html)

[www.amputee-coalition.org/fact\\_sheets/travel.pdf](http://www.amputee-coalition.org/fact_sheets/travel.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/travel.html](http://www.amputee-coalition.org/spanish/fact_sheets/travel.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/travel.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/travel.pdf)

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## Peer Support

**Online Communication Resources for Those With Limb Loss.** Resources for amputees or family members of amputees who would like to communicate with other amputees via Internet bulletin boards or e-mail lists.

[www.amputee-coalition.org/fact\\_sheets/online\\_communication.html](http://www.amputee-coalition.org/fact_sheets/online_communication.html)

[www.amputee-coalition.org/fact\\_sheets/online\\_communication.pdf](http://www.amputee-coalition.org/fact_sheets/online_communication.pdf)

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Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/online\\_communication.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/online_communication.pdf)

**Starting a Support Group: The Basics.** Starting a support group is a responsibility, a challenge and a very meaningful experience. This fact sheet offers a list of first steps compiled from successful support groups and organizations all over the country.

[www.amputee-coalition.org/fact\\_sheets/start\\_sg.html](http://www.amputee-coalition.org/fact_sheets/start_sg.html)

[www.amputee-coalition.org/fact\\_sheets/start\\_sg.pdf](http://www.amputee-coalition.org/fact_sheets/start_sg.pdf)

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Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/start\\_sg-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/start_sg-ez.html)

**Understanding ACA's National Peer Network.** An explanation of ACA's National Peer Network. Includes information on the network's purpose and how it works, as well as information on the required training for peer visitors.

[www.amputee-coalition.org/fact\\_sheets/peer\\_network.html](http://www.amputee-coalition.org/fact_sheets/peer_network.html)

[www.amputee-coalition.org/fact\\_sheets/peer\\_network.pdf](http://www.amputee-coalition.org/fact_sheets/peer_network.pdf)

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## **Preparing for Surgery** *(also, see Information for New Amputees)*

**Before Your Amputation: Questions to Ask Your Surgeon.** Talking with your surgeon prior to amputation is important. You should meet your surgeon, feel confident in his/her abilities, and have all your concerns addressed before surgery is scheduled. Listed on this fact sheet are some critical questions. You may want answers to all of them or you might choose those which are most important to you. Your surgeon should be willing to take the time to answer any questions you have.

[www.amputee-coalition.org/fact\\_sheets/surgeonqs.html](http://www.amputee-coalition.org/fact_sheets/surgeonqs.html)

[www.amputee-coalition.org/fact\\_sheets/surgeonqs.pdf](http://www.amputee-coalition.org/fact_sheets/surgeonqs.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/surgeonqs.html](http://www.amputee-coalition.org/spanish/fact_sheets/surgeonqs.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/surgeonqs.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/surgeonqs.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/surgeonqs-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/surgeonqs-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/surgeonqs-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/surgeonqs-ez.html)

**Points to Know and Consider When Preparing for and Undergoing an Amputation.** This fact sheet provides some points to know about and consider when an amputation becomes necessary. These include aspects of presurgery, postsurgery, prosthetic fitting, physical therapy with the prosthesis and emotional needs.

[www.amputee-coalition.org/fact\\_sheets/undergoingamp.html](http://www.amputee-coalition.org/fact_sheets/undergoingamp.html)

[www.amputee-coalition.org/fact\\_sheets/undergoingamp.pdf](http://www.amputee-coalition.org/fact_sheets/undergoingamp.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stepsfinal.html](http://www.amputee-coalition.org/spanish/fact_sheets/stepsfinal.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stepsfinal.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/stepsfinal.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/undergoingamp-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/undergoingamp-ez.html)

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## **Prosthetics**

**Foreshortened Prostheses (Stubbies).** Stubbies are foreshortened prostheses used during and sometimes after initial ambulatory rehabilitation. This fact sheet describes what stubbies are, how they are designed, and who can benefit from them.

[www.amputee-coalition.org/fact\\_sheets/stubbies.html](http://www.amputee-coalition.org/fact_sheets/stubbies.html)

[www.amputee-coalition.org/fact\\_sheets/stubbies.pdf](http://www.amputee-coalition.org/fact_sheets/stubbies.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stubbies.html](http://www.amputee-coalition.org/spanish/fact_sheets/stubbies.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stubbies.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/stubbies.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/stubbies-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/stubbies-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/stubbies-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/stubbies-ez.html)

**Global O&P Resources for Amputees.** This is a source of international resources for amputees who are outside of the United States, including a list of healthcare resources divided into national and regional organizations. This is an excellent starting point for any amputee abroad who is seeking assistance.

[www.amputee-coalition.org/fact\\_sheets/global\\_resources.html](http://www.amputee-coalition.org/fact_sheets/global_resources.html)

[www.amputee-coalition.org/fact\\_sheets/global\\_resources.pdf](http://www.amputee-coalition.org/fact_sheets/global_resources.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/global\\_resources.html](http://www.amputee-coalition.org/spanish/fact_sheets/global_resources.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/global\\_resources.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/global_resources.pdf)

**Prosthetic Limb Donations.** Prosthetic components are generally not reused in the United States because of legal considerations. However, used prosthetic limbs may be disassembled and the components shipped to developing nations for use by landmine victims and other individuals in need. This is a list of organizations that take donations.

[www.amputee-coalition.org/fact\\_sheets/pros\\_limb\\_donations.html](http://www.amputee-coalition.org/fact_sheets/pros_limb_donations.html)

[www.amputee-coalition.org/fact\\_sheets/pros\\_limb\\_donations.pdf](http://www.amputee-coalition.org/fact_sheets/pros_limb_donations.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/pros\\_limb\\_donations.html](http://www.amputee-coalition.org/spanish/fact_sheets/pros_limb_donations.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/pros\\_limb\\_donations.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/pros_limb_donations.pdf)

**When to Replace a Prosthesis.** Guidelines for helping to determine when prosthetic limb replacement is necessary.

[www.amputee-coalition.org/fact\\_sheets/prosreplacprof.html](http://www.amputee-coalition.org/fact_sheets/prosreplacprof.html)

[www.amputee-coalition.org/fact\\_sheets/prosreplacprof.pdf](http://www.amputee-coalition.org/fact_sheets/prosreplacprof.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/prosreplacprof.html](http://www.amputee-coalition.org/spanish/fact_sheets/prosreplacprof.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/prosreplacprof.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/prosreplacprof.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/prosreplacprof-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/prosreplacprof-ez.html)

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## Statistics and Epidemiology

**African Americans, Diabetes and Limb Loss.** Use this fact sheet to learn about the diabetes incidence rates and impact and the amputation rates in the African American community.

[www.amputee-coalition.org/fact\\_sheets/multicultural/aa.html](http://www.amputee-coalition.org/fact_sheets/multicultural/aa.html)

[www.amputee-coalition.org/fact\\_sheets/multicultural/aa.pdf](http://www.amputee-coalition.org/fact_sheets/multicultural/aa.pdf)

**Alaska Natives / Native Americans, Diabetes and Limb Loss.** Learn about diabetes incidence rates and impact and amputation rates for Native American people and Alaska Natives.

[www.amputee-coalition.org/fact\\_sheets/multicultural/na.html](http://www.amputee-coalition.org/fact_sheets/multicultural/na.html)

[www.amputee-coalition.org/fact\\_sheets/multicultural/na.pdf](http://www.amputee-coalition.org/fact_sheets/multicultural/na.pdf)

**Amputation Statistics by Cause: Limb Loss in the United States.** Statistical information related to amputation and the various reasons that a person would have to undergo an amputation.

[www.amputee-coalition.org/fact\\_sheets/amp\\_stats\\_cause.html](http://www.amputee-coalition.org/fact_sheets/amp_stats_cause.html)

[www.amputee-coalition.org/fact\\_sheets/amp\\_stats\\_cause.pdf](http://www.amputee-coalition.org/fact_sheets/amp_stats_cause.pdf)

**Diabetes and Lower-Extremity Amputations.** Statistical information is provided related to lower-extremity amputations due to diabetes.

[www.amputee-coalition.org/fact\\_sheets/diabetes\\_leamp.html](http://www.amputee-coalition.org/fact_sheets/diabetes_leamp.html)

[www.amputee-coalition.org/fact\\_sheets/diabetes\\_leamp.pdf](http://www.amputee-coalition.org/fact_sheets/diabetes_leamp.pdf)

**Hispanics / Latinos, Diabetes and Limb Loss.** Learn about diabetes incidence rates and its impact and amputation rates for Hispanic / Latino Americans.

[www.amputee-coalition.org/fact\\_sheets/multicultural/hispanic.html](http://www.amputee-coalition.org/fact_sheets/multicultural/hispanic.html)

[www.amputee-coalition.org/fact\\_sheets/multicultural/hispanic.pdf](http://www.amputee-coalition.org/fact_sheets/multicultural/hispanic.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/multicultural/hispanic.html](http://www.amputee-coalition.org/spanish/fact_sheets/multicultural/hispanic.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/multicultural/hispanic.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/multicultural/hispanic.pdf)

**Limb Loss in the United States.** Limb loss affects a variety of people in the United States and around the world and includes people of every race, ethnicity and background without regard to geographic location, occupation or economic level.

[www.amputee-coalition.org/fact\\_sheets/limbloss\\_us.html](http://www.amputee-coalition.org/fact_sheets/limbloss_us.html)

[www.amputee-coalition.org/fact\\_sheets/limbloss\\_us.pdf](http://www.amputee-coalition.org/fact_sheets/limbloss_us.pdf)

**Minorities, Diabetes and Limb Loss.** Learn about diabetes incidence rates and impact and amputation rates for African Americans, Native American and Alaskan Natives, and Hispanic / Latino Americans. This will be useful to educate at-risk individuals about the importance of managing and preventing diabetes.

[www.amputee-coalition.org/fact\\_sheets/multicultural/all\\_groups.html](http://www.amputee-coalition.org/fact_sheets/multicultural/all_groups.html)

[www.amputee-coalition.org/fact\\_sheets/multicultural/all\\_groups.pdf](http://www.amputee-coalition.org/fact_sheets/multicultural/all_groups.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/multicultural/all\\_groups.html](http://www.amputee-coalition.org/spanish/fact_sheets/multicultural/all_groups.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/multicultural/all\\_groups.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/multicultural/all_groups.pdf)

**Peripheral Arterial Disease (PAD) and Limb Loss.** Peripheral arterial disease (PAD) is a form of atherosclerosis or hardening of the arteries in which fatty substances build up inside the artery walls over time and create an obstruction that restricts proper blood flow. It can result in blockages in arteries of the brain, arms, kidneys, and legs. Diabetes is a major cause of PAD. This fact sheet looks at frequency, risks and prevention of PAD.

[www.amputee-coalition.org/fact\\_sheets/dysvascular.html](http://www.amputee-coalition.org/fact_sheets/dysvascular.html)

[www.amputee-coalition.org/fact\\_sheets/dysvascular.pdf](http://www.amputee-coalition.org/fact_sheets/dysvascular.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/dysvascular.html](http://www.amputee-coalition.org/spanish/fact_sheets/dysvascular.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/dysvascular.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/dysvascular.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/dysvascular-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/dysvascular-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/dysvascular-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/dysvascular-ez.html)

**Preventing Further Limb Loss Among People With Diabetes.** Diabetes is the leading cause of nontraumatic lower-extremity amputations (LEAs) in the United States. Modification of certain risk factors by patients and health professionals may reduce the risk for amputation and thus decrease the human and dollar costs that accompany limb loss in this prevalent chronic disease.

[www.amputee-coalition.org/fact\\_sheets/preventingamp.html](http://www.amputee-coalition.org/fact_sheets/preventingamp.html)

[www.amputee-coalition.org/fact\\_sheets/preventingamp.pdf](http://www.amputee-coalition.org/fact_sheets/preventingamp.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/preventingamp.html](http://www.amputee-coalition.org/spanish/fact_sheets/preventingamp.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/preventingamp.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/preventingamp.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/preventingamp-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/preventingamp-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/preventingamp-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/preventingamp-ez.html)



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