

In Diabetes, Proper Foot Care is Essential



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Taking Proper Care of Your Feet

- Adopting simple routines to protect your feet
- Taking action if symptoms arise



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A Look at Diabetes

- What is diabetes
- Why is foot care so critical?



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What is Diabetes?

- A chronic disease
- Affects how the body uses glucose (sugar) in the blood
- Diabetes is having too much glucose in your blood
- Too much glucose produces problems



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Diabetes Affects Many Parts of the Body

- Eyes
- Feet
- Skin
- Blood Vessels
- Nerves
- Heart
- Many functions of the body



The Feet: Prime Candidates for Diabetes-Related Problems

- Poor circulation (caused by damaged blood vessels)
- Neuropathy (caused by damaged nerves)



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Poor Circulation in Diabetes

- Impairs healing
- Poor healing invites infection
- Even small cuts can get infected



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Signs of Poor Circulation

- Cramping in legs or feet
- Slow healing
- Changes in color in toes or feet



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Preventing Permanent Nerve Damage

- Loss of feeling in the feet
- Takes away ability to feel pain or discomfort
- Leads to unnoticed—and untreated—injuries



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Diabetes-Related Foot Problems

- Sores that don't heal
- Corns and calluses
- Dry, cracked skin leading to sores and infection
- Ingrown toenails
- Fungal infections
- Hammertoes and bunions
- Charcot foot



Keeping Small Problems From Getting Worse

- Dos—to keep you proactive
- Don'ts—to avoid bad consequences



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Do . . .

- Check your feet every day
 - For cuts, blisters, redness, swelling, nail problems, etc.
- Check your blood glucose routinely
- Eat right and exercise, as your doctor advises



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Do . . .

- Be gentle when bathing your feet
- Wear socks to bed if your feet get cold
- Keep your feet warm and dry
- Consider using antiperspirant on your feet



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Do . . .

- Wear the right shoes and socks
- Shake out your shoes before wearing them
- Moisturize your feet—but NOT between the toes
- Tell you doctor about any signs of poor circulation
- Get periodic foot exams



Don't . . .

- Don't ignore abnormality or pain
- Don't perform “bathroom surgery”
- Don't use medicated pads without your doctor's approval



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Don't . . .

- Don't walk around barefoot
- Don't wear tight shoes
- Don't go without socks
- Don't let socks bunch up



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Don't . . .

- Don't soak your feet in hot water
- Don't walk on hot sand
- Don't expose your feet to the cold
- Don't smoke



Diabetic Foot Care is a

Must

- Good foot care
 - Should become routine
 - Will help prevent serious problems
- Foot and ankle surgeon's care is important, too



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You Can Be Effective in Caring for Your Feet

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