

## **DIABETES and DIABETIC FOOT CARE**

Diabetes is a condition that affects many people and long term effects of diabetes can lead to eye problems, heart problems such as high blood pressure and heart disease, kidney disease, nerve damage, and many foot problems are a result of having diabetes. There is no cure for diabetes, but diabetes can be treated and controlled with proper diet, exercise, management at home, and routine medical care for the diabetes.

The Podiatrist plays a key role in helping people manage diabetes successfully, reduce foot pathology, and many times, prevent foot problems that can occur due to diabetes.

Diabetes and signs of problems to the feet and ankles can include

- Skin Color changes
- Swelling of the foot and ankle
- Numbness to the feet
- Pain to the legs, ankles, and feet
- Dry and cracked skin
- Dermatitis to the skin
- Ingrown and Fungus toenails
- Blisters
- Corns and calluses that bleed
- Open sores that are not healing

Diabetes Tips and Foot Care Tips

- Manage blood glucose levels known as blood sugar. See your Family Physician and Endocrinologist on a regular basis for management of diabetes.
- Inspect feet daily for any open areas, cuts, sores, bruises, blisters, plantar warts, ingrown toenails, of changes to the toenails such as discoloration and thickening.
- Wash feet daily and dry feet well including between the toes.
- Apply a cream to the feet for skin health and reduce dry and cracked skin
- Wear clean and soft socks without seams which could rub and cause skin irritation and blisters to form. Wear Diabetic socks

- Trim toenails straight across and not short. Do not dig into the sides of the toes which can cause ingrown toenails and infected ingrown toenails.
- Do not remove corns/calluses/warts with corn and callus removers which can burn the skin and cause a skin sore. See a Podiatrist for evaluation and treatment
- Avoid barefoot walking! The risk of cuts and infection is high for those with diabetes
- Avoid smoking which can cause poor circulation to the legs and feet.
- Exercise. Walking with appropriate footwear. Stationary bike and foot pedal cycle
- Have new shoes properly measured and fitted. Diabetic shoes and diabetic inserts are beneficial to reduce the risk of foot problems .

Please call the office to make an appointment if any foot problems occur so that a thorough examination and treatment plan can be discussed to get your feet healthy while living with diabetes.