



# Diabetes- Foot Care



## What is it and what can I do?

\*Preventing or Taking Care of- sores, cuts, bunions, calluses, blisters, cracks

\*Daily Examination- of toes, feet, and toenails, always keep feet clean and rub with lotion, use powder only between the toes, cut toe nails after bathing will be soft  
-check- using good light, glasses, mirror to see bottom, ask someone to help you, check shoes daily for small rocks, torn lining, make sure dry and clean

-choose- well fitting socks, shoes, and stockings, plenty of room for your toes

**-AVOID-** garters, socks or hose with tight elastic tops, don't twist to keep up or use rubber bands or bands of any type, never mend socks get new ones

**-Massage-** cold feet, wear socks to bed if your feet are cold

**-AVOID-** soaking feet, going barefoot, hot water (test before bathing), heating pad, hot water bottle, electric blankets, elastic or adhesive bandages, high heels

## What happens if I don't take care of my feet?

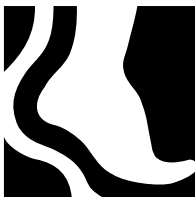
\*Nerve damage- affects feet and legs, causing pain, numbness, tingling, burning, aching, feels like "pins and needles" can be mild or severe  
-discomfort is worse at night



\*Reduced blood flow- sometimes mean less feeling in feet, blood vessels narrow and harden  
-low white blood cells- that fight infection

\*Diabetic Ulcer or Wound- a break in the skin, deep sore  
-caused by- minor scrapes or cuts that heal slowly, rub from socks or shoes that do not fit **BECOME INFECTED,**

**-if not noticed can lead to gangrene or infection**



## Recommend:

**\*Sit-** uncrossed legs, walk around during the day

**\*Outside-** wear sunscreen, wide-brimmed hat



## What can I do?

\*See your Physician- if redness, swelling, or pain, exercise daily

\*See FFF RD on line for help- to decrease weight, menus, recipes, help as needed

**\*STOP SMOKING**