



# Diabetes Education

→ **Footcare don't's**

## Foot Reminders:

- DON'T use drying medicine such as Iodine or Medicated Corn Pads
- DON'T go barefoot
- DON'T wear tight shoes
- DON'T ignore foot or leg problems

## Did you know?

Nerve damage can cause you to lose feeling in your feet. You may not feel a pebble inside your sock that is causing a sore. You may not feel a blister caused by poorly fitting shoes but simple foot injuries such as these can cause serious ulcers which may lead to amputation if left untreated.

*“Avoid serious foot problems that can potentially lead to a toe, foot or leg amputation. Keeping your blood glucose in good control and taking care of your feet every day can help your feet stay healthy and happy.”*



## Diabetes And Your Feet

### What Damage can Diabetes do?

The damage diabetes does to nerves and circulation puts people at risk for serious problems with their feet or lower legs. The following can happen:

- Diabetic nerve damage (also known as neuropathy) to the foot can cause an injury which may not cause any pain.
- With no pain to warn of the injury, the foot can become badly infected before the problem is discovered.
- High blood sugar causes poor blood flow and the body is less able to fight the infection and heal the injury.
- In very serious cases, it may be necessary to surgically remove the foot or the limb.

### How to prevent serious problems with your feet:

- 1) Take care of your diabetes
- 2) Check feet every day
- 3) Wash your feet every day
- 4) Keep the skin soft and smooth
- 5) Be careful with corns and calluses
- 6) Trim your toenails when needed
- 7) Wear shoes and socks at all times
- 8) Protect your feet from hot and cold
- 9) Keep the blood flowing to your feet
- 10) Be more active



*“America’s First Choice for Healthcare.”*