



Diabetes Education

People with diabetes, especially those with very high blood glucose levels, have poorer defence against infection. Minor cuts and abrasions to the foot that we all get from time to time can turn into infection. Through prevention you can **REDUCE** the risk of amputations.



Reduce the Risk of Amputations:

People who take care of their feet **REDUCE** their risk of amputations by 45 to 85%!

Know Your ABC's of Diabetes:

(Reach Your GOALS)

- A** ✓ EVERY 3-6 MONTHS
 - **A1c:** Below 7%
- B** ✓ EVERY VISIT
 - **Blood Pressure:** Below 130/80mmHg
- C** ✓ ONCE A YEAR
 - **Cholesterol:**
 - LDL: Below 100mg/dL
 - HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

- ⊙ Blood Glucose Targets:**
 - Fasting, 90-130mg/dL
 - 2 Hours after eating, Less Than 180mg/dL

Foot Disease

Foot Disease:

There are many causes of **FOOT DISEASE** in people who have diabetes. First some alarming facts: 60% of amputations (*not caused by accidents*) are because of diabetes. In 2004 alone 71,000 amputations performed were due to diabetes! People with diabetes are 10 times **MORE** likely to have an amputation than someone who does not have diabetes.

The sad thing is with just a little effort, these amputations could have been **PREVENTED!**

The good news is people who take care of their feet **REDUCE** their risk of amputations by 45 to 85%!



How Does Foot Disease Happen?

The Causes of Foot Disease Can Be Put Into 3 Main Groups:

1. Impaired ability to feel changes in temperature
2. Sensory loss
3. Motor deficits



Call 1-800-854-5729
or visit us @
www.BetterLivingNow.com

America's First Choice For Healthcare Products.™
©2008 Better Living Now, Inc.



An Ounce of Prevention Is Worth Keeping Your Feet!

- ✓ Keep blood sugars in goal range
- ✓ Check your feet **EVERYDAY**
- ✓ Wash and dry your feet **EVERYDAY**
- ✓ Keep the skin soft and smooth
- ✓ When you see your doctor have your feet checked at each visit
- ✓ Make an appointment with your doctor and let him know when you see corns or calluses
- ✓ Have your toenails trimmed by the doctor
- ✓ Wear comfortable shoes and socks at **ALL** times
- ✓ Protect your feet from hot and cold
- ✓ Staying active keeps the blood flowing to your feet

Foot Disease

How Does Foot Disease Happen? (cont.)

1 Sense to Feel Temperature Change:

...sometimes a person with diabetes has a **DECREASED** ability to feel changes in temperature. It is not known why this happens. As a result there can be *LESS* perspiration that can lead to drier skin, especially in the feet. Dry skin is prone to cracking so infections can grow. If you're not checking your feet everyday, you might not notice that your skin is dry and needs skin lotion.

2 Sensory Loss:

...happens with uncontrolled diabetes. What this means is there is a *DECREASED* sensation when something is touched. This lack of feeling can affect the feet so that if you accidentally hit your toes against a hard object, or if you step on something sharp you may not feel it. Unless you check your feet everyday, you might not notice that there is a wound on one of your toes, or that you have a foot ulcer or infection, or that there are changes in the bone structure of your foot that can lead to **SEVERE** foot disease such as gangrene.

3 Motor Deficits:

...are caused when muscle breaks down around parts of the foot. This can change the way someone walks so that the pressure points on the foot change. This can lead to redness on the pressure point or calluses that if not treated will become ulcers in the foot. If this continues untreated this can become an infection that can lead to severe foot disease. By checking your feet daily, you will see these calluses developing and take action **BEFORE** it becomes a bigger problem.

Protect your feet from **HOT** and **COLD**



Call 1-800-854-5729
or visit us @
www.BetterLivingNow.com

America's First Choice For Healthcare Products.™
©2008 Better Living Now, Inc.