



## **DIABETIC FOOT CARE**

### **HOW DIABETES CAN IMPACT YOUR FEET:**

Many foot problems in people who have diabetes occur when wounds and infections go unnoticed and untreated, or when healing is delayed due to poor circulation.

Our feet are supplied with blood to keep them healthy and have many nerves which act like an alarm system to alert us for signs of danger.

If diabetes is poorly managed for a long period of time, this may lead to nerve damage which reduces feeling in the feet and poor circulation which reduces blood flow to your feet, causing injuries or infections to take longer to heal.

### **HOW CAN I DETECT ANY CHANGES EARLY?**

A yearly check-up with your podiatrist is essential in order to detect any changes early.

Your podiatrist will examine your circulation by feeling foot pulses and examine your nerve sensation by testing pressure sensitivity, and/or vibration

Your podiatrist will also look for general foot conditions which may lead to future problems and ensure your footwear is the correct fit and style for you.

They will work with you to show you how to monitor your own feet in between consultations

### **TO PREVENT PROBLEMS:**

- Protect your feet from injury
- Inspect your feet every day
- See your podiatrist immediately if something is not healing or you find a red swollen area.

## FOOTWEAR ADVICE:

The best type of footwear fits well and protects your feet. Wherever possible, wear shoes to avoid injury.

### *Some other pointers*

- Where possible, wear lace-up shoes which are deep and broad enough, especially at the toes.
- Check inside your shoes for rough edges or exposed tacks – shake them out to make sure there is nothing inside.
- Cotton hosiery, socks and tights, worn with leather upper shoes are good choices.