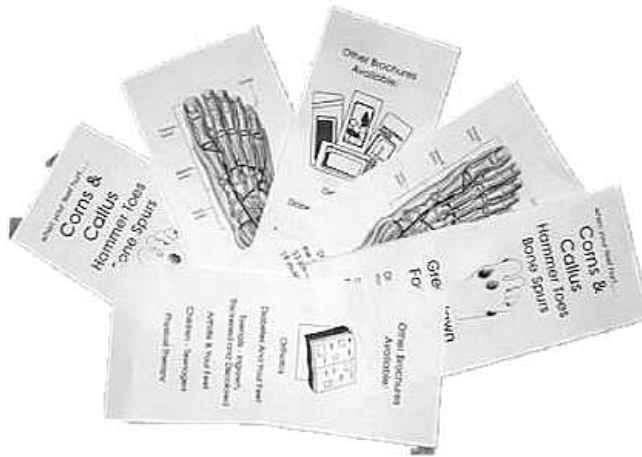


Did you know?.....
 the foot has 26 bones,
 33 joints, 107 ligaments,
 19 muscles, and
 numerous tendons.



Other Brochures Available:

Corns & Callus

Orthotics

Toenails

Arthritis

Heel Spurs

Physical Therapy

when your feet hurt.....

Diabetes



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Self Care

Diabetes And Your Feet

Diabetic patients are at risk for significant foot problems that can lead to the loss of their feet or legs. The most common cause of hospitalization for the diabetic patient is foot infections.



There are two conditions that are associated with diabetes that put the patient at risk. The first is called neuropathy, which is a nerve condition. There is a gradual loss in the patient's ability to feel pain, the difference between hot and cold, sharp and dull, etc..

Patients can step on sharp objects, cut or burn themselves and not be aware of it. Because of this condition, diabetic patients must be constantly aware of their feet and inspect them daily.

The other condition is called angiopathy, which is the loss of circulation to the feet and legs. This results in prolonged

healing of cuts or sores on the feet.

Of course, the diabetic may have both of these conditions. In this situation, the patient is at significant risk of limb loss and must be monitored closely. Diabetes can often be accompanied by thinning of the skin, loss of hair growth and color changes to the feet.

Common problems the diabetic might encounter are ingrown or fungal toenails, thick calluses on the bottom of the feet, or corns on or between the toes. These relatively simple problems are the precursors of more significant problems.

It is recommended that diabetic patients have their feet checked on a regular basis by a podiatrist. If they notice any areas of possible skin irritations, sores, or infection, they should be treated immediately.

✓ Check bottoms of feet with a hand



mirror. Look for any changes.

✓ Wash your feet each day with soap and warm water. Check the temperature of the water with your elbow. Dry your feet thoroughly.

✓ Never use heating pads or hot water bottles on your feet.

✓ Do not use medications on your feet unless recommended by your podiatrist.

✓ Before putting on your shoes, always check inside for potential irritants, or tears in the lining. And remember, an unfashionable shoe is preferable to an artificial limb!

✓ Avoid crossing your legs when sitting. It can compress blood vessels.

✓ Never cut corns or calluses. You may be inviting infection.

✓ Avoid weight gain to minimize the pressure on your feet.

✓ Never go barefoot. Avoid socks that have large seams.

✓ Stay active. Walking is the best overall conditioner for the feet.