فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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# DIABETIC FOOT



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- Diabetes can be dangerous to your feet, even a small cut can produce serious consequences. Diabetes may cause nerve damage that takes away the feeling from your feet. Diabetes may also reduce blood flow to the feet, making them harder to heal an injury or resist infection.

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- **To keep your feet healthy and prevent diabetic foot complications, you should follow the following :**

1. Inspect the bottoms of your feet and between your toes daily. If you Can't, ask a member of your family to examine your feet.
2. Use lukewarm water for bathing or washing your feet, and never use hot water.
3. Moisturize your feet but not between your toes.
4. Cut your nails carefully. Cut them straight across and file the edges. If you have concerns about your nails or you do not know how to cut them, consult a diabetic foot specialist.
5. Never treat corns or calluses yourself. No "bathroom surgery" or medicated pads. Visit Diabetic Foot Specialist for appropriate treatment.
6. Check your shoes and inspect the inside daily before wearing them.
7. Never walk barefoot.
8. To keep your feet healthy, you should maintain good blood sugar control.
9. Do not smoke. Smoking restricts blood flow in your feet.
10. Regular foot exam. Seeing your diabetic foot specialist on a regular basis (every 6 month) can help prevent the foot complications of diabetes.
11. Do not treat any foot ulcer. If you have foot ulcer, the diabetic foot specialist should be visited immediately.

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