



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 avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines:**
1. Inspect the bottom of your feet & between your toes daily. If can't, Ask a member of your family to examine your feet.
 2. Bathe feet in lukewarm, never hot, water.
 3. Moisturize your feet but not between your toes.
 4. Cut nails carefully. Cut them straight across and file the edges. If you have concerns your nails, consult Diabetic Foot Specialist.
 5. Never treat corns or calluses yourself. No "bathroom surgery" or medicated pads. Visit Diabetic Foot Specialist for appropriate treatment.
 6. Shake out your shoes and feel the inside before wearing.
 7. Never walk barefoot.
 8. Take care of your diabetes. Keep your blood sugar levels under 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 have foot ulcer, the Diabetic Foot Specialist should be visited immediately