

Diabetes Care: Foot Care

Diabetes can result in many foot related complications, most of which stem from poor blood flow or nerve damage in the foot. Nerve damage can reduce sensitivity towards pain, heat, and cold.

Poor blood flow as well as nerve damage may result in ulcers and infections, which in turn may lead to further complications or amputation if severe.

Individuals with diabetes should be aware of the risks and monitor their feet for any abnormalities, changes, or discomfort.



Checking Your Feet

- Check for cuts, blisters, and sores
- Check for any changes in temperature, color, swelling, pain, or quality of the skin
- Check toes for any signs of ingrown nails, chipping, splitting, or loss of sensation
- Watch for signs of infections, corns, and calluses
 - See a podiatrist instead of attempting to self-treat
- Make sure socks fit well and do not impede blood flow to the feet
 - If possible, wear socks made of natural fibers such as cotton or wool



**CHARLES B. WANG
COMMUNITY HEALTH CENTER**

General Info Line (212) 226-8339

Website www.cbwchc.org

268 Canal Street, New York, NY 10013

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Obstetrics & Gynecology (OB/GYN) (212) 966-0228

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131-72 40th Road, Flushing, NY 11354

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136-26 37th Avenue, Flushing, NY 11354

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Internal Medicine, Pediatrics, and Gynecology

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Nail Care

- File nails after bath or shower
 - Do not file shorter than ends of the toe
- File according to the shape of toes
- Do not use over-the-counter medication for rough toe nails
 - Consult a doctor or podiatrist for treatment

General Care

- Wash your feet daily
 - Gently wash with soap and warm water
 - Do not soak or scrub
 - Dry with soft towel gently
- Choose appropriate footwear
 - Ask your podiatrist or physician if you need specialized diabetic footwear
- Make sure to let your podiatrist or physician know of any abnormalities or difficulties relating to your foot or nails
 - Foot exams should be conducted once a year at minimum