



## **FOOT CARE FOR DIABETICS**

Diabetes is a well-known cause of damage to various organs of the body like the kidneys, the heart, the brain and the eyes, but its adverse effect on the feet and the legs is least recognized.

Diabetic patients should know that a small ulcer over the feet can get infected or become gangrenous, needing an amputation. So. Even a small wound over the feet and legs requires urgent attention. The treatment of the diabetic foot not only causes physical and mental agony but also a huge financial burden on the patient. Also, if neglected it may even prove to be fatal sometimes. Diabetic patients get some warning signals which must be given due attention.

These warning signals are:-

- A small ulcer over the foot or leg.
- Any cracks or fissures over the soles of feet.
- Any infection between the toes.
- Pain occurring in either calf of the limbs on walking.
- Diabetic patients can help themselves in the prevention of foot complications by keeping in mind
- some

## **Do's and Don'ts:**

### **Do's**

Check the bare foot every day and look for cuts, sores, bumps and red spots.

Wash the feet with lukewarm water everyday.

Use lotion/oil/petroleum jelly on the feet after washing them.

Keep the feet dry, especially between the toes.

Toe box of the shoe should be sufficiently long, broad and deep.

Shoes should always be inspected from inside before wearing.

### **Don'ts**

Never walk bare foot both inside and outside the house.

Never place the feet against any heated object like hot water bottle or heater etc.

Don't apply Lotion/Oil/Jelly in between the toes.

Do not wear illfitting footwear shoes.

Do not wear high heels and sleepers.

Toe nails should be cut straight preferably after a bath when these are soft.