

Footcare and diabetes

General advice

- Eat a healthy diet
- Good blood sugar control is important
- Do not smoke
- Take regular exercise
- Drink alcohol only in moderation

Emergency advice

Seek help for

- Cracks and cuts, that don't heal quickly
- Throbbing pain or pus
- Ingrowing toenails
- Changes in colour

Early treatment can often avoid serious problems

Personal Advice

Local clinic tel no. _____





General advice

You have been diagnosed as having diabetes, which can cause foot problems. These usually occur because of damage to nerves (neuropathy), which affects your ability to feel things (sensation), and to blood vessels affecting circulation (ischaemia).

Spending a few minutes each day looking after your feet can help to prevent problems developing in the future.

Cutting toenails

- Only cut or file your toenails if you can see them clearly and can reach your feet without difficulty
- Cut or file across the nail following the shape of the toe
- File any rough edges
- Don't be tempted to poke or cut down the side of the nail

Hard skin and corns

If the sensation in your feet is OK you can rub hard skin with a file or pumice stone. Apply a good emollient cream (not in between the toes).

Any corns you may have will need to be treated by a podiatrist.

Do not use corn plasters or hard skin remedies

Footwear

Do

- Have your feet measured (sizes vary in each shop)
- Wear shoes that are
 - Wide enough
 - Long enough
 - Deep enough
- If possible wear a shoe with a lace or bar and with a soft upper
- Buy a shoe with a flexible and shock absorbing sole
- If the shoes hurt when you try them on, **DO NOT BUY THEM**

Don't

- Wear shoes with decorative stitching
- Wear high heels for too long

Complications

Diabetes can affect the body's ability to repair, so that minor injuries take longer to heal and you may be more prone to developing infections. More serious complications such as foot ulcers can develop and in extreme cases amputation may be necessary.

Make sure that you:

- Inspect your feet daily for any changes (cracks, blisters, discharge) or signs of infection
- Contact your podiatrist immediately if you do see anything
- Don't walk barefoot