



## **A Step In The Right Direction For Diabetics**

### **Do's for Diabetics:**

- ☞ Wash feet daily; always dry carefully between the toes.
- ☞ Powder feet and shoes after bathing.
- ☞ Keep feet warm and dry.
- ☞ Inspect feet daily for cuts, blisters, and scratches.
- ☞ Cut toenails straight across.
- ☞ Ask your podiatrist to recommend a mild lubricant to protect your feet from cracking and drying.
- ☞ Wear loose-fitting socks to bed if feet are cold; never use hot packs or hot water bottles.
- ☞ Wear comfortable, well fitting shoes.
- ☞ Carefully break in new shoes to avoid blisters.
- ☞ Inspect the inside of shoes for foreign objects and torn linings.

### **Don'ts for Diabetics:**

- ⊗ Don't walk barefoot, even indoors!
- ⊗ Don't smoke. Smoking reduces blood circulation; in diabetics, this can lead to the loss of a limb.
- ⊗ Don't cut corns or calluses yourself.
- ⊗ Don't use chemicals or medicines to remove corns or calluses.
- ⊗ Avoid open toed shoes, particularly sandals with thongs between the toes.

**When to Contact Your Foot Specialist: DAVID K. LEE D.P.M. (623) 328-8577**

*Have your feet examined regularly; and between visits, contact your podiatrist IMMEDIATELY if any of the following occur:*

- ◆ Ingrown toenail.
- ◆ Athlete's foot (cracking and peeling between the toes or on the bottom of the foot).
- ◆ Cuts, sore or discoloration that shows no sign of healing.
- ◆ Pain in the feet or calves.

It is a fact that diabetics are more susceptible than non-diabetics to infection. A reason for this is that the white blood cells which fight infection do not perform effectively when blood sugar levels are higher than normal. Consequently, when bacteria and fungi invade tissues, the body's defenses may be unable to prevent the development of cellulitis (infection of the skin), abscesses (infection of soft tissue beneath the skin), or osteomyelitis (bone infection).

Additionally, nerve damage, particularly in the lower extremities, is a frequent complication of diabetes. When nerves in the foot are compromised, a decrease in sensation can result. This loss in sensation makes it difficult for the diabetic to distinguish between hot and cold, or to realize when the foot has been cut or bruised. Once the skin has been broken as the result of an injury, friction, or a burn, infection can set in. Foot infections in diabetics can progress into major problems if treatment is not sought promptly. Foot ulcers, gangrene, and even amputation occur in diabetics as complications of foot infections.

By following some simple recommendations on foot care, you can minimize the threat of infections.

**Have Questions or Need Help? Call us immediately. We're available 24 hours a day!**

18731 N Reems Rd, Suite 640, Surprise, AZ 85379  
623-328-8577 [www.ArchesFootInstitute.com](http://www.ArchesFootInstitute.com)