

## Professional foot care



If you have problems with corns or calluses or cannot reach your nails easily, if your nails are thick and difficult to cut—seek help from your Podiatrist.

Podiatrists are professionally trained in the treatment of your feet. They can also fit you with special shoes or inserts if you require them.

# Diabetes and your feet

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and some final words .....

- If you smoke—STOP!
- Don't sit in one position for too long and exercise each day
- In winter wear warm socks, shoes or boots at all times.
- Don't use hot water bottles or heating pads wear cosy socks to keep feet warm instead.

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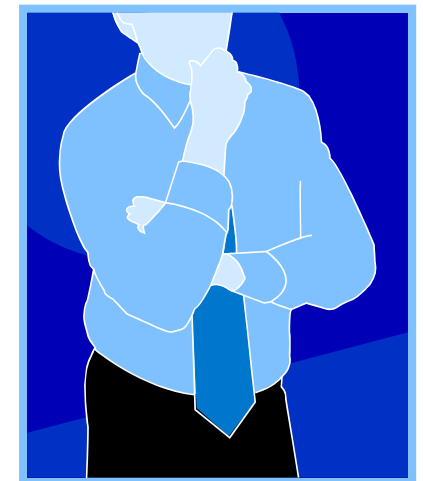
Think about joining

**Diabetes UK**

Telephone 020 7462 2791

This is a charity run for people with diabetes and a good source of information

Be good to yourself



*Richmond Surgery*

## Taking care of yourself

If you have diabetes, you are more likely to have problems with poor circulation or a loss of sensation in the feet.

This can lead to

- Dry skin and cracked heels
- Heavy callus formation
- Changes in the shape of your feet
- Painful foot ulcers
- Changes in nail growth
- Slower healing

## nerve damage

Poor blood sugar control over an extended period of time may cause nerve damage. This means you have little or not sensitivity in your feet to temperature, pressure or pain. If your feet get too hot (hot water bottle, or hot bath water) you could burn and not feel it. If your shoes are too tight and blisters develop you won't feel them. Loss of sensation makes your feet vulnerable and injuries can occur without you being aware of it.



## check your feet daily

A good time to do this is after your bath or shower

- Check the top, bottom and in between your toes. If you have difficulty bending, use a mirror or ask someone to help you.
- Look for cuts, scratches, blisters, calluses, corns ingrown toenails or signs of infection
- Look for white, moist skin between your toes
- Feel for increased heat because hot spots may suggest the presence of underlying infection or inflammation.

## bathing



- Wash feet daily with a soft warm flannel and mild soap. **CHECK THE WATER TEMPERATURE** to make sure the water is not too hot
- Don't ever soak your feet—the skin will dry out even more
- Dry feet carefully, in between your toes with a soft towel.
- Put some mild unperfumed body lotion to the top and bottom of your feet.

## socks and tights

Wear clean every day.

they are not too loose. A sock that is cotton or wool is best to absorb the perspiration and allow your skin to breathe.



hosiery Make sure tight or too at least 80%

### Avoid—

- Nylon
- Tight elastic at the top
- Bulky seams

## shoes

Never walk barefoot at home or outside. Keep slippers beside your bed in case you get up in the night.

Properly fitting shoes are important—shop for shoes when your feet are largest (afternoons are better than early morning). They should have a thick flexible sole and closed toe and heel. They should also be wide and deep enough to accommodate your toes.

Wear new shoes for just 1-2 hours a day at first and check your feet for rubbed or red spots.

### Avoid—

- Pointed toes
- Linings with seams, ridges or wrinkles
- Shoes that are tight or pinch
- Slip on shoes