

Managing
Diabetes

Victory of De-Feet

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By the year 2025, 666,000 feet will be at risk of complications from diabetes. The problem may be as simple as a blister or as devastating as an amputation. In the US, approximately 15% of all health care resources are spent on footcare problems. It is estimated that 85% of all amputations are preventable.

Here is how you can prevent “de Feet.” *Avoid:*

- ① Wearing pointy-toe shoes, high heels, and backless shoes.
- ② Wearing tight socks.
- ③ Walking barefoot whenever possible and hot surfaces in hot climates.
- ④ Treating your own feet with corn medicines or razor blades. Always seek help from a professional if you have a problem.
- ⑤ Smoking—smoking damages the supply of blood to the feet.
- ⑥ Heat, whether it comes from the shower, a heater, a fireplace or a hot water bottle. Burns can be avoided.

De-feet can be turned into victory. By knowing the warning signs that can identify a foot at risk, you begin to snatch victory from the jaws of “de Feet.” The signs are:

- ① Swelling of the foot or ankle
- ② Very cold feet or legs
- ③ Color changes red, blue, or black discoloration
- ④ Pain in legs at rest or while walking
- ⑤ Open sores, no matter how small
- ⑥ Non-healing wounds
- ⑦ In-growing toe nails
- ⑧ Corns and calluses
- ⑨ Lack of hair growth on the foot

Being victorious is in your hands. The following are actions you can take to help prevent problems.

- ① Check your feet daily for cuts, blisters, bruises or color changes, swelling and open sores. If this is difficult, use a mirror to see the soles of your feet or seek help from someone else. Report these problems to your healthcare team without delay.
- ② Wear suitable footwear inside and outside your home.

- ③ Check inside your shoes for stones, sharp objects and rough places before putting your shoes on.
- ④ Buy new shoes late in the day. Feet become more swollen towards the end of the day and you can be sure that your shoes are not too tight and fit well.
- ⑤ Wearing socks can help prevent injury. Make sure they are not too tight and wash them daily. Make sure they have no holes.
- ⑥ Always wash your feet with soap and water. Take care to wash between your toes. Dry your feet carefully, especially between the toes. Use oil or lotion to keep your skin soft.
- ⑦ Cut toe nails straight across and file any sharp edges.
- ⑨ Take your shoes off in the doctor’s office when you go for diabetes management appointments.

CONTINUED ON OTHER SIDE →



GLOBALLY

NOVEMBER IS NATIONAL
DIABETES MONTH

Managing *Your* Diabetes

Victory of De-Feet

CONTINUED FROM OTHER SIDE

Your physician is your footcare trainer. Your physician should inspect your feet at every diabetes management visit by visually looking at your feet for abnormalities and between your toes for potential infections. Annually your physician should:

- 1 Check pulses, as well as any hair loss on the lower extremity. This checks the functioning of the blood vessels.
- 2 Check nerves by the use of pins or tuning forks.
- 3 Inspect muscles and bones by having you perform a range of motions and watching you walk.

Help is available to you to be Victorious over de-Feet. For education about footcare, please call 1-800-TEAM-UP4 for the educator nearest you. Pamphlets may be obtained by calling the American Diabetes Association at 1-800-Diabetes. During November foot screenings will be available at the locations below.

Remember Victory is yours!

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