

Diabetic Dos & Don'ts

A Look at Diabetes

- What is diabetes?
- Why is it critical to take care of your feet?

What is Diabetes?

- Affects how the body uses glucose (sugar) in the blood
- Diabetes is having too much glucose in your blood
 - Type 1
 - Type 2
 - Gestational
- Too much glucose produces problems

Diabetes Affects Many Parts of the Body

- Eyes
- Feet
- Skin
- Blood Vessels
- Heart
- Nerves
- Many functions of the body

Why Feet Develop Problems in Diabetes

- Nerve damage (neuropathy)
 - Loss of feeling
 - You may not notice an irritation or injury
- Poor circulation
 - Impairs the ability to heal
 - Even small cuts can get infected

Diabetes-Related Foot Problems

- Sores that don't heal
- Corns and calluses
- Dry, cracked skin leading to sores and infection
- Ingrown toenails
- Fungal infections
- Hammertoes and bunions
- Charcot foot

Keeping Small Problems from Getting Worse

- Dos – to keep you proactive
- Don'ts – to avoid bad consequences

Do . . .

- Check your feet every day
 - For cuts, blisters, redness, swelling, nail problems, etc.
- Check your blood sugar routinely
- Eat right and exercise, as your doctor advises

Do . . .

- Wear the right shoes and socks
- Shake out your shoes before wearing them
- Moisturize your feet – but NOT between the toes
- Get periodic foot exams

Don't . . .

- Don't ignore any abnormality or pain
- Don't perform “bathroom surgery”
- Don't use medicated pads without doctor's approval

Don't . . .

- Don't walk around barefoot
- Don't wear tight shoes
- Don't go without socks
- Don't let socks bunch up

Don't . . .

- Don't soak your feet in hot water
- Don't walk on hot sand
- Don't expose your feet to the cold

Don't . . .

- Don't forget to check your levels
- Don't stop doing everything you can to control your diabetes
- Don't smoke

Summing it Up

- These guidelines are proactive, preventive measures
- In many cases, diabetes can be controlled through
 - Good nutrition
 - Healthy weight
 - Physical activity
 - Regular check-ups with healthcare team
- Your foot and ankle surgeon is part of that team

For Good Outcomes for Your Feet, Stay Proactive

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