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## Diabetic Foot Care

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Diabetes can take its toll on your body, including areas that are easily overlooked, such as your feet. Making sure you maintain healthy life choices to keep your blood sugar close to normal and under good control may help you prevent diabetes-related foot problems, such as loss of feeling, changes in the shape of your feet, or foot ulcers or sores that do not heal.

Working with your doctor to maintain a strong health care plan can help you overcome foot care problems presented by diabetes. You may suffer from serious foot problems, but because you feel no pain due to nerve damage caused by diabetes, you might overlook a potentially severe injury. Taking care of your feet can help you avoid serious foot problems that can lead to toe, foot, or leg amputation. If you're diabetic, you may want to check your feet daily for cuts, sores, red spots, swelling and infected toenails. Washing your feet with warm water every day is a good start, but make sure not to soak your feet, which can cause your skin to dry out. Trimming your toenails regularly, wearing socks and shoes at all times, protecting your feet from hot and cold, and keeping the blood flowing to your feet are all ways to protect you from suffering pain and discomfort. You can also ask your doctor to provide you with a safe activity program, but you may want to avoid activities that are hard on the feet such as running and jumping. Buying the proper footwear is very important for preventing serious foot problems.