

diabetic foot care a pdf

Take care of your diabetes. Keep your blood sugar levels under control. Don't smoke. Smoking restricts blood flow in your feet. Get periodic foot exams. See your podiatric foot and ankle surgeon on a regular basis for an examination to help prevent the foot complications of diabetes.

DIABETIC FOOT CARE GUIDELINES - Lakeview Health

Foot care for people with diabetes To avoid blisters, always wear clean, soft socks that fit you. Do not wear socks or knee-high stockings that are too tight below your knee. Always wear shoes that fit well. Break them in slowly. To avoid injuring your feet, never walk barefoot indoors or outdoors. Before putting your shoes on,

Foot care for people with diabetes - NovoMedLink

Diabetes Education #8. Foot Care for People with Diabetes . The feet are at risk for problems in people with diabetes. That is because 2 key risk factors come together. There is poor circulation of blood to the feet (called "peripheral vascular disease"). And, there is loss of feeling in the feet (from "peripheral neuropathy").

Foot Care for People with Diabetes - Johns Hopkins Hospital

Foot Care. Inspect your feet every day, and seek care early if you do get a foot injury. Make sure your health care provider checks your feet at least once a year - more often if you have foot problems. Your health care provider should also give you a list and explain the do's and don'ts of foot care.

Foot Care: American Diabetes Association®

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Foot care for people with diabetes

Diabetes Foot and Skin Care. Why Worry? Poor blood glucose (sugar) control increases risk for skin and foot infection. Nerve damage due to diabetes also makes you less likely to feel pain. If the foot or skin is injured, wounds may heal slowly. If the wound is not treated correctly, severe infection can lead to gangrene and amputation.

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