

## **FOOT CARE IN DIABETES MELLITUS**



### **BEWARE IF YOU HAVE DIABETES AND DEVELOP FOLLOWING SYMPTOMS.**

- Not able to feel pain in hands and legs, when pricked with pin or a sharp object.
- Footwear flies off while walking, without your knowledge.
- You burn your hand but doesn't feel the pain.
- You did not notice that you got hurt and have developed a skin wound.

You may be suffering from diabetic neuropathy if you have any of above symptoms. Ensure to follow the listed advice to prevent further complications.

#### **BUYING SHOES**

- TRY SHOE FITTING IN STANDING POSITION WHILE BUYING NEW SHOES.
- THERE SHOULD BE ENOUGH ROOM FOR TOES AND SHOE SHOULD HAVE PROPER WIDTH.

#### **USING SHOES**

- THE SHOE OR FOOTWEAR SHOULD NOT BE TIGHT AT END OF DAY.
- DO NOT WEAR HEELS. THEY PREDISPOSE TO FOOT STABINS AND ULCERATION IN ABSENCE OF SENSATIONS.
- USE PADDED INSOLES IF THERE IS LOSS OF SENASTION.
- WEAR SOCKS WITH SEAMS OUTSIDE.

#### **FOOT CARE**

- INSPECT YOUR FEET REGULARLY FOR ANY CUTS OR WOUNDS.
- DO NOT WALK AROUND BAREFOOT. YOU WILL NOT FEEL PAIN IF YOU GET HURT, DUE TO LOSS OF SENSATIONS, WHICH CAN BECOME A NON-HEALING WOUND LATER.
- DRY THE WEBSACES (SPACES BETWEEN TOES) PROPERLY. THE WET WEBSPACE PREDISPOSES TO FUNGAL INFECTIONS.

#### **NAIL CARE**

- CUT THE NAILS STRAIGHT AND OUT OF SKIN FOLD.
- KEEP NAILS SHORT.
- TRIM NAILS OFTEN.
- SEE YOUR DOCTOR IF YOU NOTICE A CUT OR A WOUND.