

Basso Foot & Ankle Clinics

Diabetic Foot Pearls

Prevention is key!

- Check your feet every day. Set a time every day to look at your bare feet for calluses, cuts, sores, blisters, red spots, and swelling.
 - Use a mirror to check the bottoms of your feet if you have trouble seeing your feet. You can also ask a family member to help you.
- Wash your feet every day.
 - Use warm water, not hot, to wash your feet. Always check bath water with your hands first to make sure it is not too hot.
 - Sometimes people with diabetes cannot feel how hot the water is with their feet.
 - Dry your feet well. Be sure to dry between the toes.
- Keep the skin soft and smooth.
 - Rub a thin coat of lotion over the tops and bottoms of your feet.
 - Do not put lotion between your toes.
 - Wetness between your toes can cause an infection.
- Do not walk barefoot. Even around the house, you could step on something and develop a sore
- Wear shoes that fit well and protect your feet.
 - Check inside your shoes for objects in them before you put them on.
 - Always wear socks with your shoes, to prevent blister formation

How Can Diabetes Harm Your Feet?

- Diabetes is the main cause for nontraumatic loss of a toe, foot, or leg.
- People with diabetes often have neuropathy: numbness burning and tingling to their feet.
 - People who have diabetes can also lose feeling in their feet. When that happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot.
- Diabetes can reduce the amount of blood flow to your feet.
 - Numbness combined with decreased blood flow can lead to slower healing
- Controlling your blood sugar levels is very important to managing your diabetes

Check with a podiatrist about the best way to trim your toenails and to care for calluses.

- Over-the-counter products for corns and calluses or sharp objects may harm your skin, and lead to the development of sores
- At home treatments for fungal toenails
 - White vinegar/water soaks (a few tablespoons of white vinegar in warm water) for toenail fungus. Vics Vapo rub
 - Prescription topical medications and/or soaks
- Regular visits to Podiatrist to maintain toenails