

## FOOTCARE IN DIABETICS

As complications of diabetes one can have nerve damage, circulatory impairment singly or both. So this causes a reduced sensation in your feet and you may not notice a blister from new shoes or unseen cuts sore foot etc. Adding to this peril the lack of circulation may hamper wound healing and increase the chance of infection. This may lead to amputation of your limbs. A little care daily can prevent such foot problems.

Tips for healthy feet for you

- > Look closely your feet everyday in adequate light for dry, scaly or cracked skin, changes in shape of the foot, any cuts, scratches, calluses, blisters, redness, swelling or anything suspicious. Always look in between the toes. Use a mirror to look at the soles.
- > Look for any abnormal sensation in the feet like a burning sensation
- > Feel the sensation of your feet. Are they warm throughout? Feel the presence of any tenderness by pressing. Feel the presence of pulses.
- > Make a routine to wash your feet everyday with lukewarm water and mild soap. Never soak your feet too long.
- > Always use soft towels to dry your feet and never forget to dry in between the toes.
  
- > After drying your feet your feet thoroughly use talcum powder
- > You can keep your feet smooth by using a little moisturizing lotion but never put them between the toes
- > Never cut any corns or calluses or use corn or callus removers/plasters. Gently use pumice stone to rub them to smoothen them. Avoid tearing the skin
- > Cut your toenails according to the shape of your toes. Never cut the comers of them
- > Never walk bare foot not even in house. Use light footwear like chappals indoor

- > Use cotton socks or stockings. Wear fresh and clean socks everyday. Do not wear tight socks, stockings or foot wear
- > Use shoes of right size so that there is enough room for your toes. Use shoes with soft soles. You can use canvas shoes
- > Foot wears with high heels, pointed tips, sandals with toe grips or made from vinyl or plastics should better be avoided
- > Always look inside your shoes before wearing. They may contain any rough edges or substances like a small grit which may hurt you and you didn't notice
- > Do not stay crossed legs for long time
- > Try to keep foot elevated while sitting for long time.
- > If you are sitting for a long time move your toes and ankles from time to time
- > In cold weather keep your feet warm by covering
- > Avoid smoking because it tends to reduce circulation of your feet >
- Exercise regularly. Go for walking, swimming, cycling and light jogging. Avoid activities like jumping or running
- > If any cuts, scratches that do not start healing within a day consult your Doctor

Keeping your feet healthy is a task you share with your Doctor. So please take care of your feet never neglect them as casual parts of your body. Always remember that you are doing everything, going everywhere because of them.