

DIABETIC FOOTCARE

HELP YOUR FEET LAST A LIFETIME

Good foot care is your responsibility

We are here to help you

DIABETES AND YOUR FEET

- Take the right steps to keep your feet healthy
- Health Tips for Older Adults with Diabetes

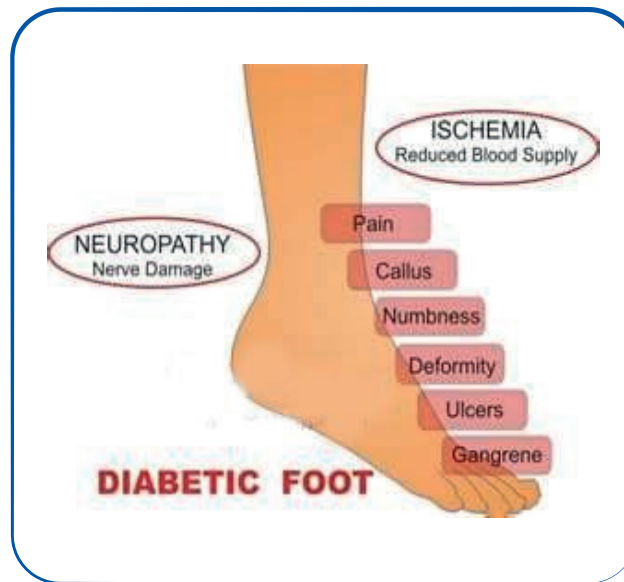
Diabetic Foot Ulcer

WHY ARE MY FEET AFFECTED?

Diabetes increases your chance of developing foot problems. This can be due to HIGH Blood Sugar levels over a long period of time. Diabetes can affect the blood flow to your legs and feet and reduce your healing capacity. Cuts or wounds can become infected easily and rapidly develop into ulcers. These can result in amputations if not treated.

WHAT IS NEUROPATHY?

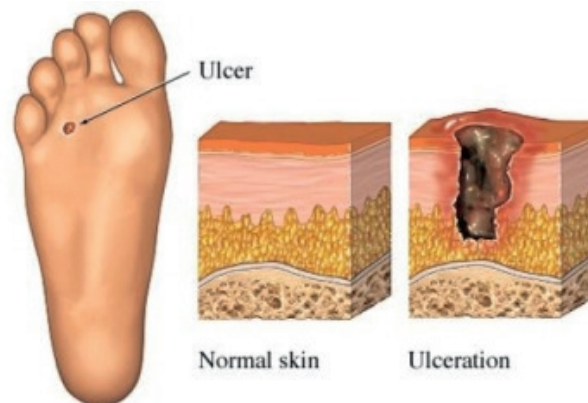
High blood sugar levels can lead to nerve damage in your legs and feet resulting in loss of feeling and sensation. For example, it may prevent you from feeling a stone in your shoe or when your feet is submerged in hot water.



SYMPTOMS OF DIABETIC FOOT NEUROPATHY

As a result of nerve damage and poor blood supply in the feet and legs.

- Loss of feeling
- Burning or numbness
- Sensation of sticking pins and needles
- Shooting pains in your legs
- Footwear seems uncomfortable against feet
- Your feet are cool to touch
- Pain in your legs when exercising
- Dry, shiny thin skin on your legs and feet



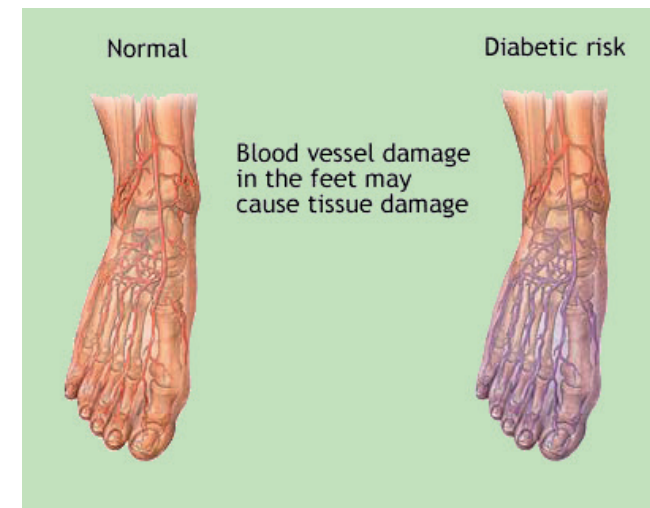
WHEN SHOULD I GET MY FEET CHECKED

Because people with diabetes are more prone to foot problems, you may need to see a foot care specialist/diabetic specialist.

Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

WHAT IS INVOLVED IN FOOT CHECKUPS

- Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail.
- Tell your health care provider if your foot changes color, shape, or just feels different
- If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely or correctly
- Simple test will be done to examine the blood supply and nerve sensation in your feet.



Everything you go to a Pharmacy for - and more

DIABETIC FOOTCARE

CARING FOR YOUR FEET

There are many things you can do to keep your feet healthy.

Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.

Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.

Be more active. Plan your physical activity program with your health team.

Wash your feet every day. Dry them carefully, especially between the toes.

Keep your skin soft and smooth. Rub a thin coat of skin lotion over the entire top and bottom of your feet, but not between your toes.

If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.

Wear shoes and socks at all times. Never walk barefoot.

Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.

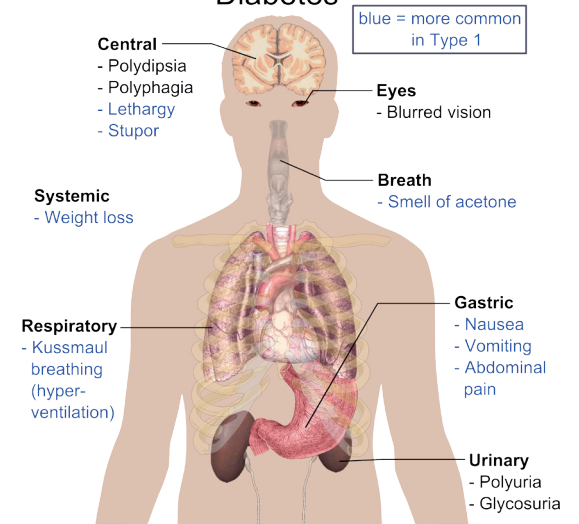
Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.

Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time. Don't smoke.

Your doctor may prescribe medications to help manage pains and discomfort in your



Main symptoms of Diabetes



Know Your Medicine

Know Your Pharmacist

This pamphlet was prepared by the Pharmacists at SuperPharm Ltd. Gulf View and is intended to serve as an educational guide alongside your doctor's advice. Be sure to contact your doctor or pharmacist if you have any questions about the topics discussed in this pamphlet.

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