

DO NOTS

Do not smoke.

Do not drink alcohol.

Do not go barefoot.

Do not soak feet.

Do not use adhesive tape on feet.

Do not wear shoes without socks or stockings.

Do not wear sandals with thongs between toes.

Do not sit with legs crossed Or sleep with ankles crossed.

Do not apply heat to feet, ie. hot water bottles or heating pads.

Do not cut corns and calluses. See a foot care specialist.

Do not use chemical agents for removal of corns and calluses.

Do not use corn plasters.

Do not walk barefoot on hot surfaces, such as hot sandy beaches or cement around swimming pools.

Information for this brochure was obtained from Sterling Shoes

At *EntireCare* we understand the importance of good health, exercise and daily activity.

That is why our mission is to improve the health of the people and communities we serve.

With a physician's order, most insurance companies will cover some or all of the cost associated with therapy programs. We will be happy to assist you in determining your coverage.

EntireCare is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

For more information contact:



928-639-6383

Care of the *DIABETIC* *FOOT*



Living with diabetes

Today, more than 14 million Americans and an estimated 120 million people worldwide are afflicted with diabetes. Millions more display undiagnosed symptoms that lead up to this terrible disease and the incidence of diabetes is on the rise.

Medical studies show that diabetes has a debilitating effect on the feet. And, of all the diabetics admitted to hospitals, more than 20 percent are there because of foot problems. Sadly, many of their problems could have been prevented by proper foot care.

The American Diabetes Association reports that 15 percent of all people with diabetes will eventually develop foot ulcers and that these ulcers frequently become infected and lead to amputation. 50 to 70 percent of all nontraumatic amputations occur in patients with diabetes. However, professional care, education programs and proper self-care can help prevent tragedy and improve the quality of life of people with diabetes.

Self-care can mean a better life.

It is important to remember that aggressive care of the diabetic foot can often prevent potentially painful and irreversible damage that can decrease the quality of your life forever.

Common sense, good medical care, and the simple foot care guidelines presented in this brochure can prevent problems that could lead to catastrophic consequences, even amputation.

Walking around the world

In a lifetime, the average individual will walk some 150,000 miles, or more than four times around the world. For the person with diabetes, whose nerve and circulatory functions are impaired, foot problems are more common and more serious. Neglect of a diabetic foot problem can frequently lead to severe complications.

Daily Care

Keep them clean.

Wash your feet well with mild soap in medium temperature water every day. Dry carefully, especially between the toes.

Keep them dry.

Use a good foot powder sparingly between the toes.

Inspect them daily.

Check for blisters, cuts, scratches and discoloration. For dry feet, use a very thin coat of lotion or cream. Don't put lotion or cream between toes. Use a hand mirror to check difficult-to-see areas.

Keep them well-maintained.

Cut toenails straight across. Consult physician for detailed instructions.

Change socks or stockings every day.

Select fitted, seamless socks and do not wear mended socks.

Danger! You might not feel it.

Of all the conditions that affect the diabetic foot, most stem from neuropathy or neuritis, which may leave the foot insensitive to pain. Without this warning signal, the diabetic foot is in danger of succumbing to irritations and infections.

Although gangrene and amputation are the most drastic results, simple neglect can lead to these catastrophic consequences.

Self-help, self-care, success

A simple regimen of daily care for a person with diabetes can go a long way toward lessening or eliminating foot problems. The three areas that make up the basic essentials of foot care are:

- (1) washing
- (2) inspection
- (3) shoe protection

What you do every day is very important to the life and health success that you can enjoy.

A daily walk, even a short one, helps.

Improving the blood supply to the foot can often help to keep it healthy. One way is by walking, which exercises the legs without causing physical stress to the feet. If the weather is bad, walk around the house or go mall walking.

Get good shoes and inspect them daily.

Shoes can offer protection and even treatment for a condition brought on by diabetes. Therefore, it is important to get a medical professional's advice concerning what shoes are best for your feet. And it's equally important to have good shoes fitted by a professional. However, you should inspect the inside of your shoes every day for foreign objects, nail points, or torn linings.