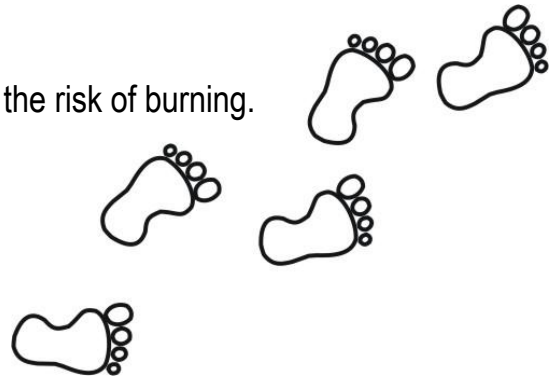


De-Feet Diabetes Foot Complications!

Did you know that a person with diabetes should regularly exam their feet? People who have diabetes for longer than 10 years with poor blood sugar control are at a higher risk for complications.

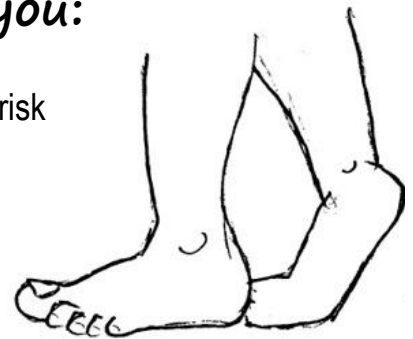
It is important for a person with diabetes to avoid foot problems. Here are some tips...

- Have someone who specializes in professional foot care, like a Certified Foot Care Nurse examine your feet at regular intervals.
- Inspect feet daily
- Wash and dry feet daily
- Dry between toes
- Wear socks to bed if feet are cold
- Avoid the use of hot water bottles on cold feet due to the risk of burning.
- Apply lotion prevent dry and cracked skin
- Avoid lotion between toes
- Wear properly fitted shoes
- Rotating shoes to allow them to dry
- Wear footwear to prevent injury
- Regular toe nail care
- Exercise feet, even if bedbound, to promote circulation and maintain joint mobility.
- If there are any signs of infection or skin breakdown seek medical attention immediately.



What the Foot Care nurse can do for you:

- Carefully examine your feet noting any areas that could be at risk
- Provide Health teaching
- Refer you for specialized care if needed
- Treat and reduce thick or fungal nails
- Corn removal
- Remove Ingrown part of the toenail
- Reduce callouses
- Assess circulation



Please contact SOAHAC to book your appointment today with Marilyn Allan, RPN!

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