

WE FIX FOOT PAIN

DIABETES : NINE STEPS TO THE PREVENTION OF COMPLICATIONS IN THE FEET

The following information will help maintain healthy feet:

1. CONTROL BLOOD SUGAR LEVELS

The first step to foot health is maintaining acceptable blood sugar levels by obeying your doctor's instructions regarding DIET, TESTING METHODS, MEDICATION, and EXERCISE.

2. CIRCULATION

Your circulation will be improved by regular exercise. NEVER :

- Wear tight garter, stockings, socks or shoes.
- Sit with your legs crossed
- Expose your feet to extremes of temperature (heater, hot water, ice, cold tiled floors).
- Smoke.

3. SHOES

Wear well fitting, supportive shoes at all times. Check inside your shoes regularly for rough edges, exposed tack or foreign objects.

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4. CORNS

DO NOT use caustic corn cures or plasters. See your PODIATRIST for removal.

5. WASHING & MOISTURISING

Wash your feet in warm (not hot) water using a mild soap. Dry thoroughly, checking carefully between the toes. Apply a water-based cream or lotion to the heels.

6. NAIL CARE

Nails should be cut straight across in line with the end of the toe. It is better to file your nails straight across regularly. See your PODIATRIST if you have difficulty cutting your nails.

7. INJURIES

Blisters, cuts, scratches should be cleaned with a mild antiseptic or salty water. Cover with a clean dressing and see your PODIATRIST if you notice signs of inflammation: heat, redness, swelling, and pain.

8. SOCKS AND STOCKINGS

Woollen or cotton socks are better than stretch hosiery. Ensure they are not too tight or 'cutting off' the circulation (ie. leaving imprinted bands following removal).

Galleria Podiatry has a range of 'Circulation Socks' available.

9. PROFESSIONAL ADVICE

Inspect your feet daily, or have someone do this for you. You may need to place a mirror on the floor to see underneath your feet. If you notice any abnormalities consult your PODIATRIST.

