



FOOT NOTES

DIABETIC FOOTCARE

Diabetes may affect your feet in several ways and lead to serious complications. Diabetics must pay special attention to their feet because they are at risk of developing serious complications.

WHAT MAY HAPPEN?

- loss of sensation (peripheral neuropathy)
- reduced blood flow (reduction in healing)
- risk of serious infections /ulcers/limb loss

WHAT CAN I DO!

- check your feet daily
- clean and dress any cuts or wounds
- always wear footwear that fits properly
- keep your feet clean and dry
- apply foot lotion to dry and cracked skin
- contact your chiropodist/podiatrist at the first sign of any foot problems.
- arrange diabetic footcare & consultation with your chiropodist/podiatrist regularly.



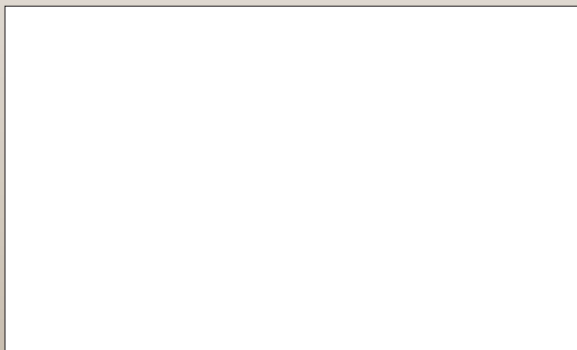


WHAT SHOULD I AVOID?

- home treatment of corns & calluses
- home treatment of nail problems
- home or over-the-counter medications for corns, warts or ingrown nails
- tight fitting hosiery
- poor fitting or worn out footwear
- extreme heat or cold temperatures

Following the basic diabetic foot health advice in this pamphlet will help to prevent diabetic foot complications but it is crucial that you maintain regular chiropodist/podiatrist consultations.

Courtesy of



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CANADIAN FEDERATION OF PODIATRIC MEDICINE

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