

Know about Diabetic foot care

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Diabetes / Diabetic Mellitus foot & Footwear care

Are you diabetic?

Beware it Leads to.....

1. Peripheral Neuropathy(Nerve Damage of Limbs)
2. Loss of sensation
3. Tissue Breakdown(Especially Foot sole)
4. Result in Ulcer &
5. ***Amputation(Loss) of Limb(If left uncared & untreated)***



What to do?

Daily Basis:

- **Wash and dry your feet** : wash and dry for your feet with soft towel or tissue. wash and dry for your feet ***(AVOID BETWEEN TOES)***.
- **Do Feet check ups** : Before going to sleep *check for any cuts, bruises or sores , corns and calluses & Ingrowing toenails.*
- **Proper diabetic footwear:** *Use prescribed customised footwear, Always use clean socks & Don't use new shoes for longer period, Inspect inside of the footwear*

IMMEDIATELY REPORT to doctor: If you observe-

- 1. Corn, Callus***, Sores, Wound, skin Crack of feet
- 2. Ingrowing toenails, Bending of toe joint***
- 3. Infection & Redness or Blackening of skin***

How should be your customised /sensible foot wear?

- **Prescribed** by registered *podiatrist*
- **Design & Fabricated** by registered *Orthotist*
- Always **keep two pairs** of footwear
- **Selection** of right types of materials
- **Biocompatibility** (*Leather/MCR*) & **Biomechanically** (*weight distribution*) fit
- **Spacious** ($\frac{1}{2}$ to $\frac{3}{4}$ Extra length-allow enough joint movements)
- **Flexible & Lightweight**
- **Flat Heel** design(below 5cm)
- **Laced Shoe or Velcro** Design
- **Non-constricting** Socks
- **Wear on** for every steps
- **Review** regularly



Benefits of using prescribed customised footwear

- 1. *Reduces the risks* of developing accidental cuts and bruises
- 2. *Eliminate* developing sore feet
- 3. *Moistening* of foot's skin
- 4. *Reduces* Skin Breakdown
- 5. *Improve* Mobility Pattern
- 6. *Eliminate* Limb loss



STAY AT HOME BE SAFE & HEALTHY

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