



IS DIABETES MAKING YOUR FEET A TARGET?


Over time in diabetes, the nerves of the feet get affected, causing them to have sensory loss and feeling numb. As a result of this you may not feel a pebble inside your shoe or you may not notice a blister cuts or sores on your foot. Thus regular self inspection and foot hygiene become important.

Step ahead of diabetes with regular foot care


Take 8 simple steps to care for your foot
so that your journey with diabetes remains free of complications!



Wash your feet daily with lukewarm water and soap.



Dry your feet well especially between the toes.




Apply moisturising lotion, but do not apply between the toes.



Examine your shoes daily for cracks, stones, nails which may irritate feet.



Check your feet for blisters, cuts, redness, etc. If present, consult your doctor.



Trim your nails straight across and file the edge with a nail file.



Change socks daily; avoid dirty and tight socks.



Never walk barefoot either indoors or outdoors.

If you experience or observe any of these symptoms,
contact your doctor right away



You feel pain in your legs or cramping in your buttocks, thighs,
or calves during physical activity.



You feel tingling, burning, or numbness.



You lose the sense of touch or not be able to feel
heat or cold very well.



You notice that the shape of your feet has changed over time.



You feel the colour and temperature of your feet have changed.



You notice the skin on your feet has become dry and cracked.



You notice that your toe nails have turned thick and yellow.



You notice blisters, sores, ulcers or ingrown toe nails.

For further details contact:
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