



## DIABETES ENDOCRINE NUTRITION MANAGEMENT AND RESEARCH CENTRE

18 Kala Bhavan, 3 Mathew Road, Mumbai – 400 004 Phone : 2363 4320.

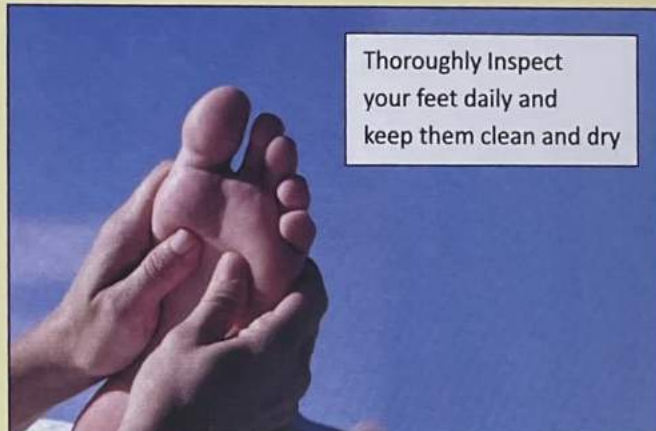
104 Lady Ratan Tata Medical Centre, M. Karve Road, Mumbai – 400 021. Phone : 2284 0244, 22871613

### FOOT CARE

#### IMPORTANCE OF FOOT CARE:

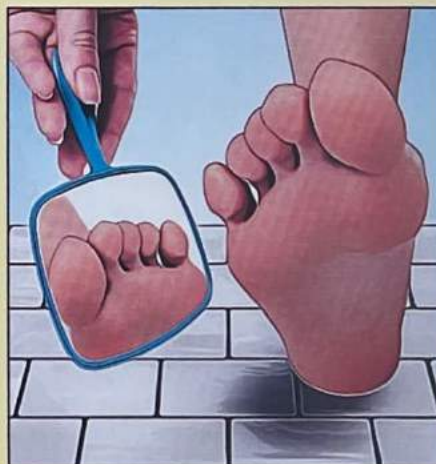
Good care of feet is as important as care of face. Daily care of the feet can help prevent foot problems such as corns, callosities, ulcers, infections and finally amputations.

Chronic, long-standing diabetes leads to poor circulation legs (peripheral vascular disease) and / or damage to nerves (peripheral neuropathy), increasing the risk for foot injury, infection or other foot complications.



#### Foot inspection:

- Inspect your feet at least once daily and specially between the toes.
- Use a mirror to check or ask for assistance if unable to do it yourself.
- Look for red spots or abrasions, cuts, swelling, blisters, boils, corns, calluses or shoe bites. If present, immediately notify your physician.
- Check out your footwear from outside for uneven wear and tear and inside for any sharp objects.
- Coloured (red, black) nails and whitish patches between toes indicate fungal infection. Apply a few drops of antifungal lotion daily behind the nails or between toes and keep all footwears and socks in hot sun once for 4 hours and repeatedly in case fungal infection continues.







### Daily Foot-care:

- If feet are cold at night, wear loose fitting socks to bed.
- Use correctly fitting footwear (see other brochure). Shoes or sandals should have a wide toe box and good heel counter. Avoid chappals which cause forking of toes and have no heel counter.
- Trim toe nails straight across, usually after a bath when they are soft and clean.
- File the toe nails gently.
- Wash your feet daily with mild soap and lukewarm water. Avoid using strong antiseptic solutions on your feet.
- Dry your feet thoroughly especially between the toes, as moisture between the toes makes it prone to fungal infection.
- Apply talcum powder if your feet sweat a lot. Moist skin tends to macerate and get infected with fungus.
- Dry skin cracks easily. It needs to be kept moisturized with a body lotion, especially during the winter.

### Never:-

- Never walk barefoot even indoors. Wear socks in shoes at all times.
- Never treat corns, calluses bunions, blisters or in-growing toe nails oneself of use sharp tools, chemicals or scoop to remove them.
- Never cut into the corners or taper the nails. This practice could result into in-grown nails.
- Never cut nails with blade.
- Never use hot water bottles, heating pads, electric blankets or cold compresses as you can damage your feet unknowingly if there is less sensation in the feet.
- Never use very hot or very cold water for washing the feet. Test the water with hand before putting the feet in it, just as you would before bathing a body.
- Never soak feet in water for longtime as it macerates (tears) the tissues and leads to spread of infection, especially if there is a foot infection or boil.
- Never ignore your feet although it is the lowest and the lowliest part of your body.







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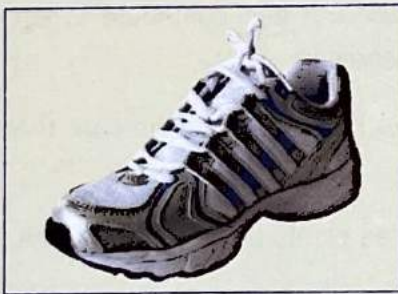
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# FOOTWEAR

## Foot care in diabetes is incomplete without proper Footwear

- Always wear footwear, at home or outside
- Buy comfortable shoes
- Good foot-wear should fully support the foot. There must be a heel counter and there should be no forking of toes by a divider. Chappals are bad footwear. Sandals with heel counter are fairly alright. Covered shoes are best. However, they should not be tapering in the front and should have a wide toe box to avoid crowding of the toes

### Good Footwear



### Bad Footwear

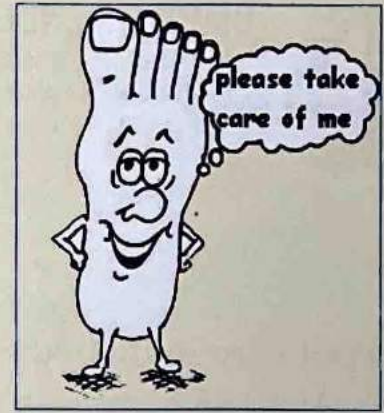


- Do not wear shoes with pointed toes or tight around the toes as these put too much pressure on parts of your foot & can contribute to ulcers
- Wear athletic or well cushioned walking shoes that fit well & provide good support & comfort and redistribute the pressure well
- Break in new shoes slowly, wear them for a couple of hours and gradually wear them for longer periods of time
- Examine footwear for torn linings, foreign objects before wearing them
- Avoid wearing high heeled shoes or open toe shoes and chappals
- **Always** wear seamless, cotton socks with your footwear to avoid blisters & sores. Avoid nylon socks. Choose clean, lightly padded socks that fit well





- Avoid wearing socks or shoes that are too tight around the legs, it may constrict circulation to your legs & feet
- Avoid exercising when you have open sores on your feet
- As diabetes progresses one may start facing some foot problems – one can get shoes customized according to one's feet
- Buy new shoes in the evening, when the foot is likely to be swollen



## General precautions to prevent foot problems in Diabetes

- Exercise: It keeps weight in control and improves circulation, walking is the best all-round exercise for a diabetic patient. Walking is also an excellent conditioner for your feet
- Stop smoking or chewing tobacco. It can contribute to circulatory problems, which can be very troublesome in patients with diabetes
- Take care of your diabetes: Work with your health-care team to keep your blood glucose in your target range
- Make sure that your diet includes plenty of greens, legumes, fresh vegetables and fruits
- Go for regular follow-ups to your diabetologist