



DIABETES ENDOCRINE NUTRITION MANAGEMENT AND RESEARCH CENTRE

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FOOT CARE

We take care of our face as it is the most visible part of our body. But we forget that our feet are also as important and require as much care as our face. "A stitch in time saves nine", hence daily care of the feet can help prevent foot problems such as corns, callosities, ulcers, infections and finally amputation.

Importance of foot care:

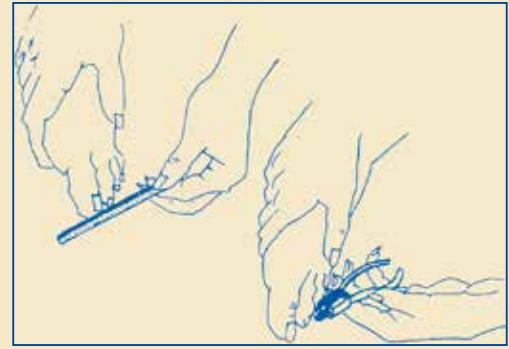
Chronic, longstanding diabetes leads to poor circulation in legs and/or damage to nerves (peripheral neuropathy), increasing the risk for foot infection or other foot complications.

Specific measures for foot care:

- Inspect and check your feet at least once daily
- Look for red spots or abrasions, cuts, swelling, blisters, boils, corns, calluses and shoe bites.
- Use a mirror to check or ask for assistance if unable do it yourself.
- Wash your feet daily with mild soap and lukewarm water
- Keep feet clean and dry them carefully, especially gently between the toes, as moisture between the toes makes it prone to fungal infection
- Take help if unable to do it yourself
- Dry skin needs to be kept moisturized with a body lotion
- Do not apply any cream between the toes
- Use a little foot talcum powder if feet sweat a lot



- Trim toe nails straight across
- Never cut into the corners or taper the nails as it could trigger a bleed and/or ingrown toenail
- File the toe nails gently



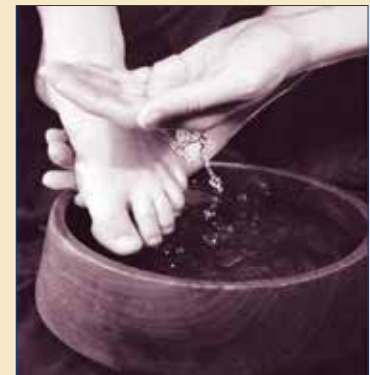
- If feet are cold at night wear loose fitting socks to bed
- Never walk barefoot even indoors. Wear a covering such as slipper, socks in shoes at all times



- One should never treat corns, calluses, bunions, blisters or ingrowing toe nails oneself or use sharp tools, chemicals or scoop to remove them



- Test the water with the hand before putting the feet in it just as you would before bathing a baby.
- Never use very hot or very cold water for washing the feet
- Never use hot water bottles, heating pads, electric blankets or cold compresses on the feet as you can burn the feet if there is less sensation in the feet



- If there is a foot infection or boil, do not soak feet in water as it macerates (tears) the tissues and leads to spread of infection, especially with uncontrolled blood sugar levels