

# Diabetes Foot Problems



Podiatry Department

## DIABETES FOOT PROBLEMS

Diabetes increases risk of foot problems. Prevent them by managing your blood glucose, blood pressure, and cholesterol levels, and quitting smoking if you're a smoker. Detect problems early with daily foot checks and regular screening.

### NEUROPATHY

Nerve damage or disease could lead to foot complications like:



#### Calluses

(Thickened part of the skin)



#### Ulcers (Open sores)

### VASCULOPATHY

Damage to blood vessels and poor blood circulation



#### Gangrene (Tissue death)



#### Amputation

## FOOT CARE FOR PEOPLE WITH DIABETES



Ask your diabetes care team how you should care for your toenails.



Wash your feet in warm water every day.



Dry your feet well, especially between the toes.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Inspect your feet every day for Cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



Wear clean, soft socks that fit you.



Keep your feet warm and dry. Always wear shoes that fit well



Never walk barefoot indoors or outdoors



Examine your shoes every day for cracks, pebbles, nails, or anything that could hurt your feet.

## FOOT CARE: HARMFUL PRACTICES

Taking care of your feet is important when you have diabetes. Protect your feet from injuries by avoiding these harmful practices.

### DON'T...



Walk barefoot.



Walk on reflexology footpaths.



Wear toe rings.



Use corn plasters and medicated oils on your feet.



Expose your feet to extreme temperatures (too hot or too cold).

## FOOT CARE: GOOD PRACTICES

Taking care of your feet is important when you have diabetes. Prevent or detect foot issues by practising these good foot care habits.

### DO



Check your feet every day, especially the sole, heel and in between the toes.



Trim your toenails weekly and use a nail file to smooth the edges. Make sure to trim straight across.



Wash your feet every day with mild soap and warm water. Dry them well, especially in between the toes.



Prevent cracks by moisturising daily. Do not moisturise between the toes.



Use a mirror or ask for help if you have difficulty inspecting your soles.

## ROLE OF A PODIATRIST

Visit a podiatrist for help with Common foot problems like Ingrown toenails and calluses, and for footcare and footwear advice. Here are some ways your podiatrist could help you.

A podiatrist can help treat:

- Cracked, fissuring skin
- Foot wounds e.g. ulcer
- Calluses and corns
- Abnormal toenails, e.g. thickened/ingrown toenail
- Other common foot-related conditions, e.g. foot pain associated with high arch/flat foot, heel/arch pain, bunions.





## Contact us:



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