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Diabetes Checklist: Don't Neglect Foot Care

Fortunately, we're hearing more and more about re-opening and getting back to some sense of normalcy in the face of the pandemic. However, even if you have concerns about the coronavirus, you must not let them keep you from seeking appropriate healthcare. This is especially true if you have diabetes. Conditions associated with diabetes--poor circulation, neuropathy and decreased immune system function--require that patients be extremely vigilant and proactive to prevent wounds and ulcers that can lead to infection and, in the worst-case scenario, amputation. Below are some reminders to ensure that your feet stay healthy if you are a diabetic.

Contact your podiatrist immediately if:

- You see any signs of infection: open wounds that are not healing, pus or discharge, redness, streaks of red and the feeling of heat around a wound and a fever
- You notice unusual symptoms in your feet such as swelling, rashes, discoloration, lumps, bruises, etc. that may indicate a problem is developing

Seek podiatrist care for:

- Routine foot and nail care--don't attempt to do at home what the podiatrist normally does unless your foot doctor directs you to do so
- Warts, ingrown toenails, and other common conditions that could lead to injury or infection if self-treated

Continue:

- Daily care regimens--including cleaning your feet, using foot powder to prevent excess sweating and nightly moisturizing
 - Regular self-examinations of your feet to look for changes or abnormal symptoms
 - All usual precautions such as wearing shoes to protect feet from cuts and puncture wounds, avoiding exposing feet to direct heat and not sharing items that

touch another person's feet

- Managing blood sugar levels through diet, medication and regular exercise as directed by your physician

At **FOOTDRx**, we are also adjusting to the new normal. One thing that has not changed -- we are here for you. Give our office a call if you have any issues or concerns about your foot health or foot pain.



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