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More than Skin Deep: Foot Care

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Objectives

- Identify risk factors for foot problems
- List potential complications to the feet
- State ways to protect your feet from complications



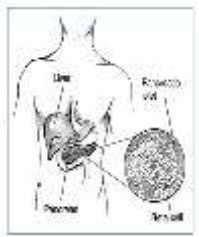
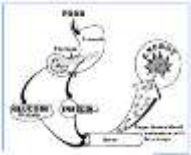

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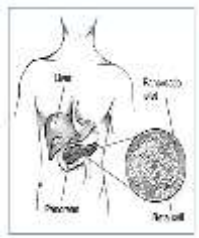
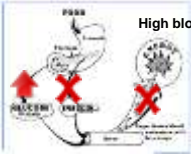
DIABETES




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High blood sugars



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Diabetes Complications

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What causes foot problems?

- Uncontrolled blood sugars
- Peripheral Neuropathy—Damage to nerves in feet & legs
- Peripheral Artery Disease—Reduced blood flow to legs
- Smoking
- Excess alcohol use
- Elevated cholesterol
- Age/Duration of Diabetes
- Previous foot ulcer



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Effects on feet from uncontrolled diabetes

- Feeling
- Neuropathy—nerve damage to hands and feet causes weakness, numbness and pain
- Lack of sensation, pressure, and temperature sensation
- Function of foot muscles
- Foot alignment
- 50% people with diabetes have some form of nerve damage



Source: American Diabetes Association



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Effects on feet from uncontrolled Diabetes

- Blood flow
- Peripheral arterial disease—reduced blood circulation to arms and legs
- Vessels in legs narrow and harden
- Affects 20% of people over age 55



— Source: American Diabetes Association



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Foot problems

- Skin changes—Excess Dryness
- Calluses
- Foot Ulcers
- Poor Circulation
- Amputation



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Diabetes Control and Complications Trial (DCCT)

- 10 year study funded by the National Institute of Diabetes and Digestive and Kidney Diseases
- Keeping blood glucose levels as close to normal as possible slows the onset and progression of the eye, kidney, and nerve damage from diabetes
- 60% reduced risk of nerve damage



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- Treat your feet like crown jewels!!
- Diamonds are a girls best friend and so are your feet!



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Preventing Foot Problems

- Control blood sugars
- Follow healthy meal plan
- Participate in regular physical activity
- Keep blood pressure at goal
- Maintain healthy cholesterol level
- Quit smoking



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Perform "daily" foot exams

- Inspect top, bottom, and side of each foot daily (Don't forget between the toes)
 - Blisters and ulcers
 - Calluses
 - Cuts and scrapes
 - Changes in skin color
 - Dry skin
- Use a mirror/ask for help if unable to see



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Be Shoe Savvy

- Shop later in day and try on both shoes
- Feel inside shoe for debris before putting on
- AVOID tight, pointy, high-heels, open-toed, stitching on inside shoes
- Buy shoes with good support, roomy toe, low heel
- Wear seamless socks
- Avoid going barefoot



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Therapeutic shoes or inserts

- Medicare Part B covers 80% of cost of one pair of therapeutic shoes and inserts, and fitting annually
- You are responsible for remaining 20% and part B deductible as long as company accepts Medicare assignment
- Eligibility:
 - Have diabetes and severe diabetes-related foot disease

Source: Medicare.gov



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Keep your feet healthy

- Wash mild soap and water
- Use warm water and check temperature
- Do NOT soak feet
- Dry thoroughly
- Apply perfume/dye-free cream/lotion
- Avoid cream/lotion between toes



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Healthy feet tips (con't.)

- Use pumice stone
- Keep toenails trim and smooth (emery board)
- Avoid drug-store remedies to treat feet
- NEVER cut corns, calluses, ingrown nails, anywhere on the feet



Clinic appointments

- Take your shoes and socks off at all clinic visits
- Health-care provider uses monofilament to check feet
- Call health care provider if you notice any changes/areas in feet not healing/improving
 - *Do not wait for your next diabetes visit if you notice any problem areas with your feet



Questions???

