

## When should you get immediate medical advice?

• Change in skin colour/ swelling



• Macerated toe webs



• Change in shape of the foot



• Nail infection



• Cracking of the sole/ calluses



• Wound/ blister



## How should you be careful about your footwear?

- Always wear foot wear (Even inside house)
- Select a pair of footwear that is comfortable and fits your feet well
- You should wear special footwear, if there is numbness or any other damage in your feet
- Check for foreign bodies and remove if there are any, before wearing footwear
- If your footwear are broken or altered in shape, replace them with a new pair
- Only use footwear according to instructions given to you at diabetic foot clinics

# Protect your feet from diabetes.....

[www.sri.lankadiabetesfederation.lk](http://www.sri.lankadiabetesfederation.lk)



**SRI LANKA  
DIABETES  
FEDERATION**



**SLDC**  
Sri Lanka Diabetes & Endocrinology  
Centre Institute



## Do you know?

- Every 30 seconds somewhere in the world, one person will have lower limb or part of lower limb amputation due to diabetes
- Having diabetes increases the risk of amputation of lower limb or part of lower limb by 20 fold

## What are the harmful effects of diabetes on feet?

- Numbness of the feet because of damage to nerves
- Change of the shape of the feet
- Reduced blood supply to the feet
- Increased chances of infection of the feet

## What are the harmful effects of numbness/ nerve damage of feet?

- Having abrasions and wounds on your feet from your footwear without your knowledge
- Injuries to your feet
- Having calluses in your feet due to change in shape
- Development of infections due to drying of skin and cracking of soles

## What are the harmful effects of reduced blood supply to the feet?

- Development of wounds on feet with poor healing
- Change in colour of some parts of feet with subsequent damage



Take care of your feet

## How should people with diabetes look after their feet?

### What you should do?



Wash feet daily with soap and normal temperature water



Wipe clean the feet well (Especially toe webs)



Inspect feet daily before going into bed (especially toe webs and sole)



Check your blood sugar regularly



Apply a cream on feet except on toe webs, to avoid drying



Cut the toe nails properly



Remove any foreign bodies in foot wear before wearing them



Use proper footwear

### What you should not do?



Walking without footwear



Self treating wounds and blisters



Rounding the edges of toe nails



Wearing footwear with a narrow front region (toe box)



Washing feet with hot water



Wearing rings on toes



Applying cream on toe webs



Smoking