

- Colour
- In-growing nails
- Callouses and corns
- Blisters
- Bleeding and sores



➤ Examine feet daily with the help of mirror for dry skin, callus, cracks, redness, colour changes, blister and any skin breakdown.

➤ Never forget to check in between the toes for fungal infection and the back of the heels

➤ Also inspect after any trauma, no matter how minor, to the feet



Thinking about your feet? Look or keep them clean and dry



Soak & Scrub :

1. Wash the feet in lukewarm water and dry them carefully in between the toes.

2. For dry skin or cracks soak the feet in lukewarm water for 15 to 20 mins and then scrub with the help of nylon scrubber or pumice stone.

3. Use a moisturizer everyday (but not between your toes) for dry skin and cracking.



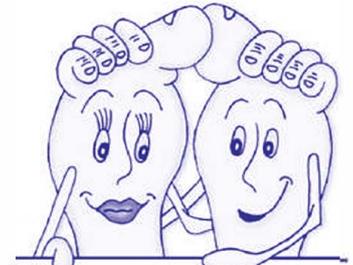
Never walk barefoot
Indoors or outdoors

Do's on foot care Don't's on foot care



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WORLD DIABETES DAY EXHIBITION - 2014



**YOUR FEET
& DIABETES**



Foot is the Mirror of Diabetes Care



Foot problems are a common complication in people with diabetes. Fortunately, most of these complications can be prevented with careful foot care.

Major Problems due to high sugars

Leading cause of new cases of blindness
25 times more prone to eye problems



6 times higher risk for Paralysis (stroke)



2-3 times higher risk for heart attack

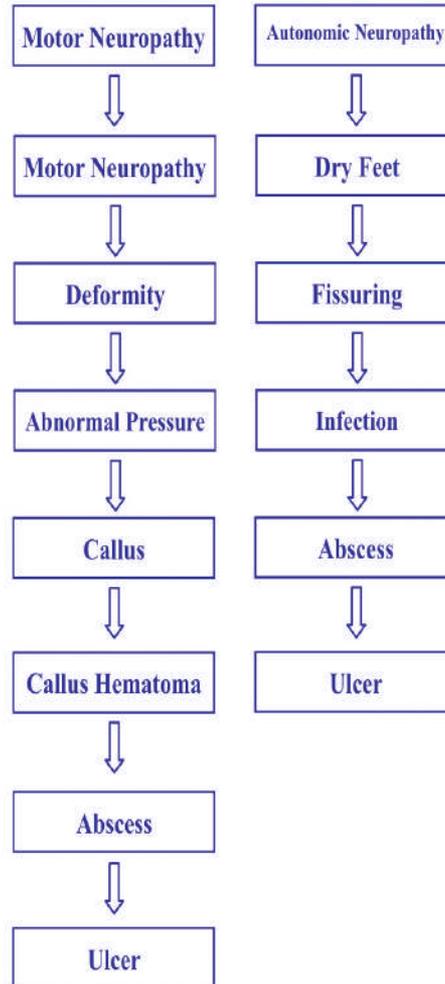


5 times more prone to lower limb amputation
Nerve damage causes loss of sensation

Cardiovascular (%)	25%
Neuropathy (%)	25%
Blind (%)	Currentlv 21%
Eye (%)	25%
Paralysis (%)	21%



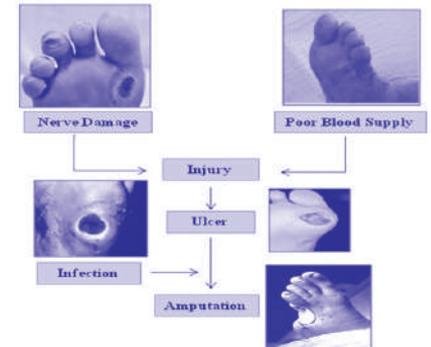
Pathophysiology



Common Foot Problems



Pathway to Diabetic Foot Problems



FOOTCARE IN DIABETES



- What are the 3 steps in foot care?
- Sensible shoes, careful cleaning and regular inspection