

# FOOT(ARE

## T1D and Feet

# CONNECTION OF T1D AND FEET

- Raised blood glucose levels over time can lead to **damage** to the **sensation** in your feet.
- **Circulation** can also be affected, meaning less blood flow to your feet.
- Most foot care problems can be **prevented** with good regular foot care



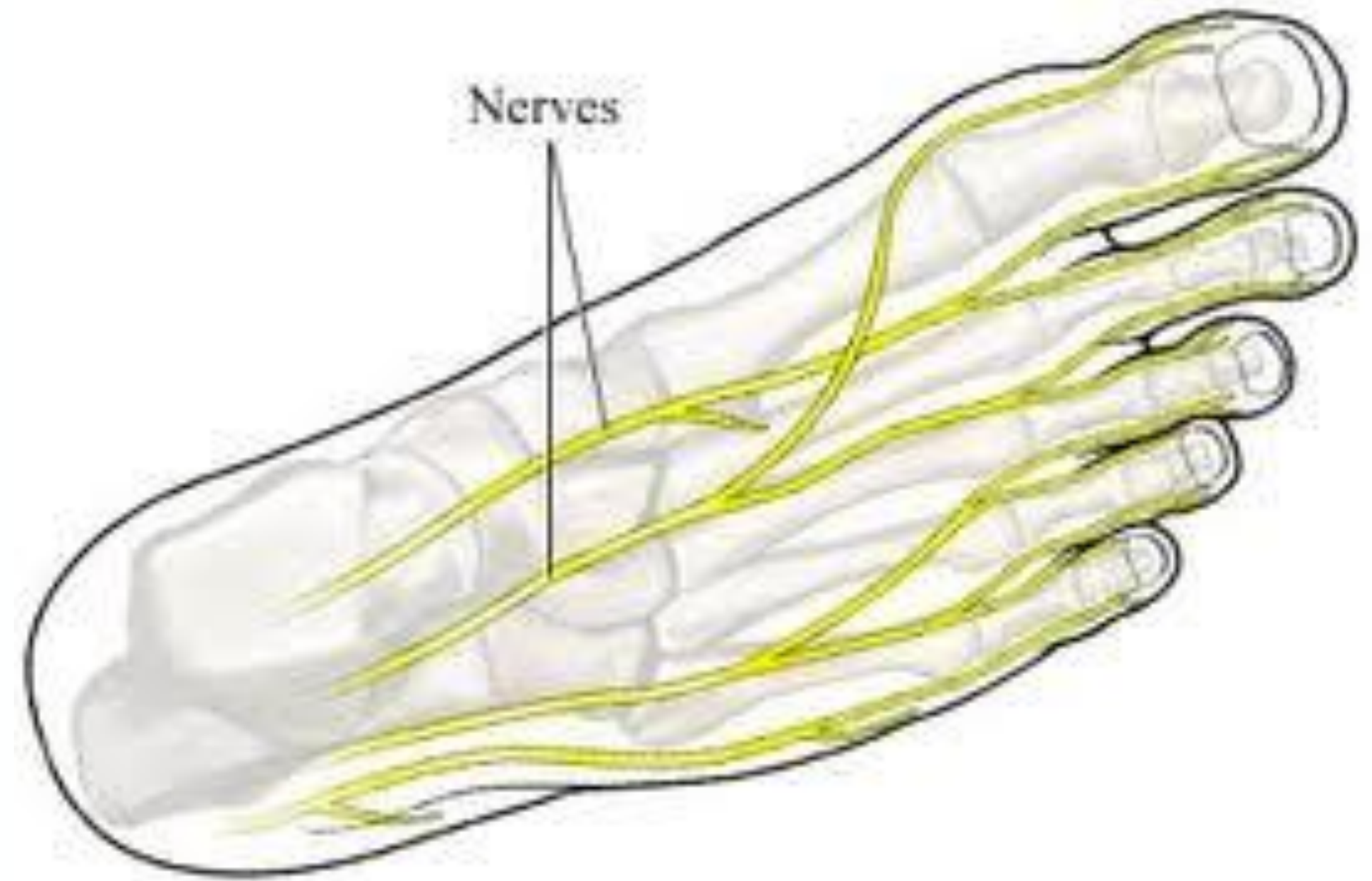
# THE ISSUES

- Poor circulation can lead to POOR HEALING wounds
- Numbness can lead to UNNOTICED INJURY
- Lumps and Bumps in shoe can rub and cause blisters
- Poor fit may cause trouble

# ROLE OF NERVE SUPPLY

What do nerves in the feet do?

- Make your feet able to feel pain / injury
- Make the muscles work
- Tell your brain what your feet are doing
- Tell your brains when joints need to move
- Help you stay active



# POSSIBILITY OF NERVE DAMAGE

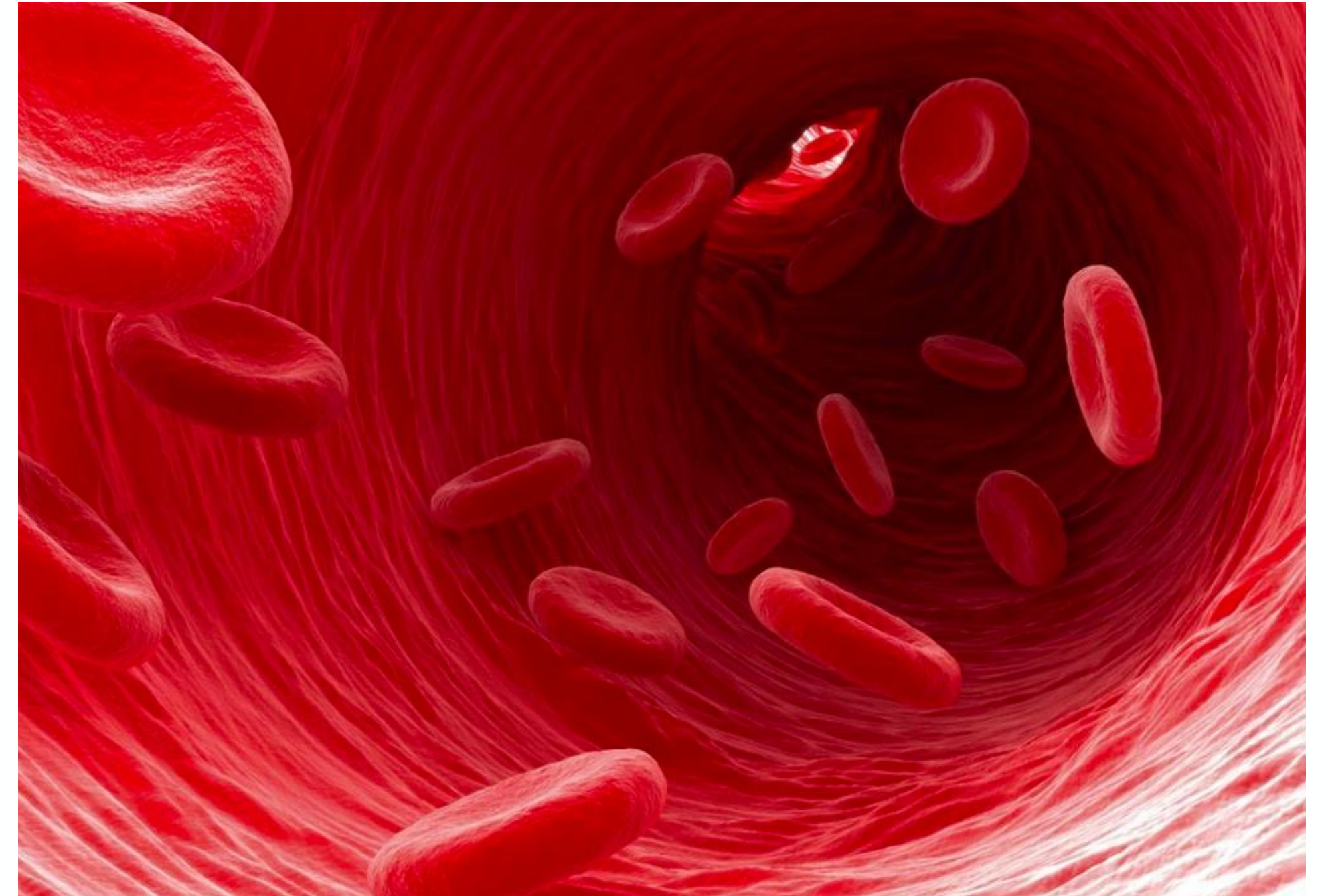


- Numbness in the feet
- Severe pain for no reason
- Stop sweating
- Very dry skin prone to cracking
- Change in foot shape

# ROLE OF CIRCULATION

What does a good blood supply in the feet do?

- Makes a strong pulse in the feet
- Transports food and oxygen to the feet and legs
- Transports energy to the muscles
- Keeps skin and nails healthy
- Helps wounds heal



POSSIBILITY OF POOR CIRCULATION

- Feet are cold to touch
- Change in colour (more pale)
- Cramp like pain in the leg / feet muscles
- Weak, dry skin, and changes to the nails
- Slow or non healing wounds



If you have any of the above symptoms, you must visit a **podiatrist** (foot doctor) for diabetes related neuropathy issues.

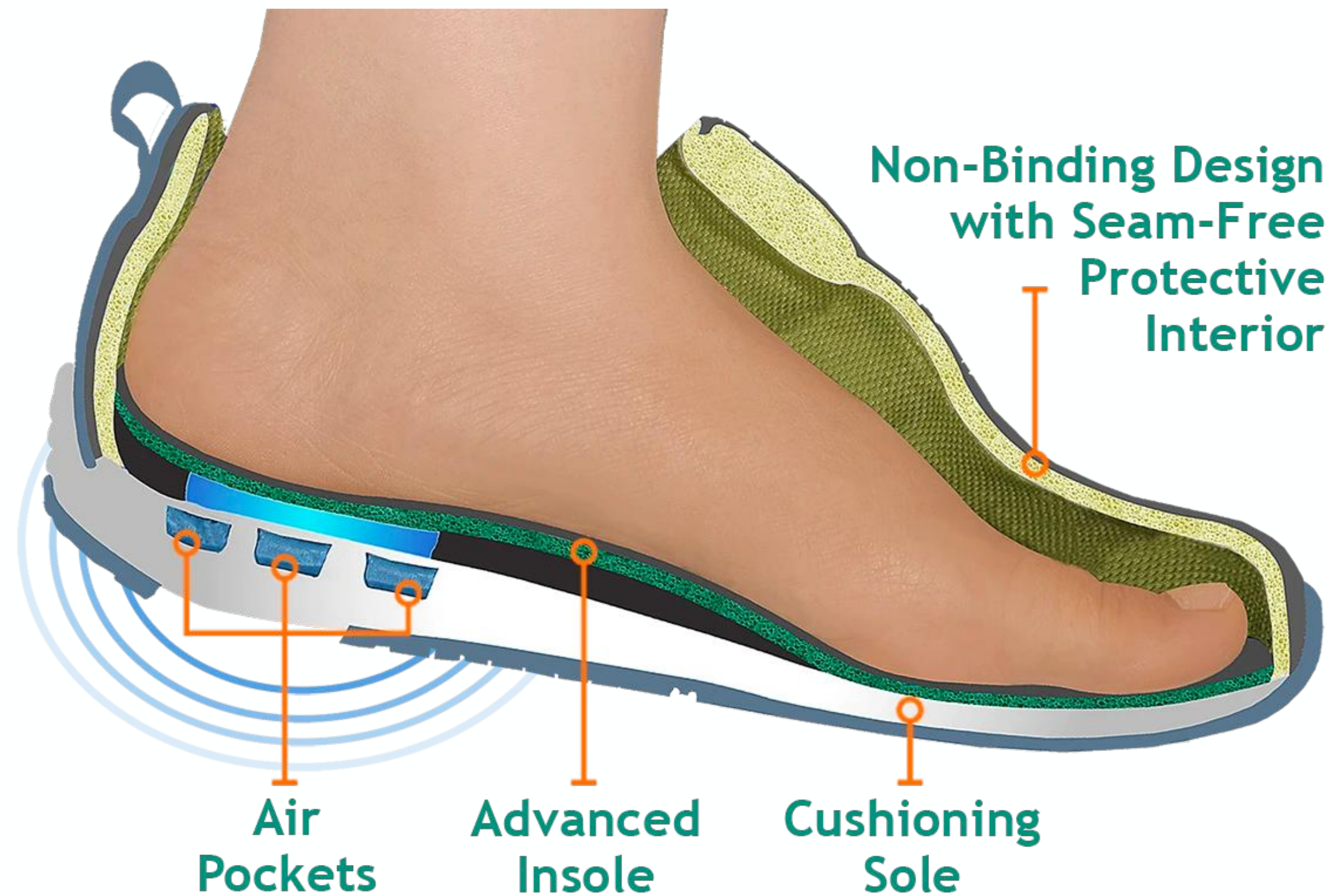


# SELF CARE TIPS

- it is okay to cut your own nails - carefully.
- Use a nail file regularly to blunt down sharp edges
- Cut nails in the shape of the toe.
- Dont poke
- Moisturise dry skin with a deep moisturiser







## FOOTWEAR:

- Make sure shoes fit when standing and moving.
- Make sure the footwear is fastened onto feet and not sliding around.
- Flexible material
- Avoid straps that are too tight
- Small heels ok - less than 4 cm.
- COMFORT OVER EVERYTHING

FOLLOW THESE TIPS



**Inspect your feet daily.** Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.





**Bathe feet in lukewarm, never hot, water.** Keep your feet clean by washing them daily.

Use only *lukewarm* water—the temperature you would use on a newborn baby. Get someone to TEST the water for you as you may not be able to feel the actual temp.



**Be gentle when bathing your feet.** Wash them using a soft washcloth or sponge. Dry by blotting or patting and carefully dry between the toes.





**Moisturize your feet but not between your toes.** Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes—that could encourage a fungal infection.



**Cut nails carefully.** Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toenails. If you have concerns about your nails, consult your doctor.





**Never treat corns or calluses yourself.** No “bathroom surgery” or medicated pads. Visit your doctor for appropriate treatment.



Wear clean, dry socks. Change them daily.







**Consider shoes and socks made specifically for patients living with diabetes.** This footwear have extra cushioning, do not have elastic tops, are higher than the ankle and are made from fibers that wick moisture away from the skin.



**Shake out your shoes and feel the inside before wearing.** Remember, your feet may not be able to feel a pebble or other foreign object, so always inspect your shoes before putting them on.







**Keep your feet warm and dry.** Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.



**Never walk barefoot.** Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.



**Take care of your diabetes.** Keep your blood sugar levels under control.

**Do not smoke.** Smoking restricts blood flow in your feet.

**Get periodic foot exams.** Seeing your foot and ankle surgeon on a regular basis can help prevent the foot complications of diabetes.

QUESTIONS?