



Caring For Your Feet

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Why should you be concerned?



Trinidad and Tobago has one of the highest rates of Diabetes Mellitus (DM) in this hemisphere. Because of this, we also have one of the highest incidences of lower leg amputations in this region. More than 20% of all diabetics admitted to hospitals, are there because of foot problems, such as infections and ulcers. These can lead to foot and leg amputations.

The good news is...these problems can be prevented by **CARING FOR YOUR FEET!**

Self care can save your leg!

If you take care of your feet, you can prevent infections, ulcers, foot pain and other problems that arise because of diabetes. Here are just a few tips for you and your feet:

- a. Keep them clean!**
Wash feet with a gentle soap in warm water daily. Also, wear clean sock and stockings each day.
- b. Dry them thoroughly!**
Dry feet with a clean towel. If you have sweaty feet, use a good foot powder between your toes. Use sparingly.
- c. Inspect them every day!**
Check your feet twice a day. Look for cuts, scratches, redness, blisters, discolouration, pus, warmth. If you see any

such signs, see your doctor immediately

d. Wear proper shoes

Wear comfortable shoes that do not squeeze your feet. Also, check your shoes daily for any foreign objects so that they do not bruise or cut you. Do not walk barefooted!

e. Maintain your nails

If you can see and feel your feet, then you can cut your nails. Cut the nails after you shower so that they will be soft and easy to trim. Cut straight across. Use a nail clipper and **NOT** scissors. **DO NOT** cut the skin around your nails.

If you have difficulty seeing your feet, you have lost sensation, or your nails are thick and ingrown, get a professional such as a chiropodist or podiatrist to assist you.

General tips for LIVING with diabetes

- a. Exercise is a **MUST** for anyone living with diabetes. See a physiotherapist to guide you in your exercise programme
- b. You **MUST** eat a balanced diet. Minimize your sugar intake. See a dietician for guidance
- c. Use your medication as prescribed by your doctor



Notes