

5. Cut your toenails straight across, to avoid them curling into your toes. Don't cut them too short, to avoid splitting the skin. If you have sharp edges, file them down.



6. Be careful with the type of shoes that you wear, don't wear anything that is going to rub on your feet and create wounds. Wear socks with your shoes to avoid getting blisters.



7. Make sure that your doctor or nurse check your feet when you get your regular Diabetic check - up



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Diabetes and your feet

When you have Diabetes, you need to take special care of your feet. Here we have some good tips to help you.





How can Diabetes affect my feet?

High levels of blood sugar damages the long nerves of the legs and feet. As a result, diabetics lose feeling in their feet and often injure themselves unknowingly.

These wounds can become infected and the high levels of blood sugar impair wound healing.

Diabetics often suffer from chronic slow healing wounds of the legs. Far too often these festering wounds lead to lower extremity amputations.

“Regular foot care is important for all Diabetics, to ensure the longevity of their feet”

DAILY FOOT CARE

1. Wash your feet every day



2. After washing make sure you dry your feet properly. Apply moisture cream to your feet, but not between your toes to avoid tinea.



3. Check your feet daily, use a mirror or ask someone to help you. Look for any changes in your skin. Cover any cuts or blisters and change the plaster every day. If any sore does not heal, becomes red, sore or smelly, see your doctor right away.



4. Remember your feet may have less feeling. Check temperatures with your elbow before putting your feet into hot water. Be careful near fires, heaters and hot machinery.

