

DIABETES

Diabetes can lead to severe damage to the feet for that reason it is important to look out for some of the symptoms and take the precautions mentioned below.

Symptoms

- Skin color changes
- Swelling in the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores in the feet that heal slowly
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks found in the skin especially around the heel

What To Do?

- 01** Inspect feet daily for cuts, bruises, sores, or changes to the toenails.
- 02** Wear thick, soft socks and avoid socks with seams
- 03** Exercise in order to keep weight down and help circulation.
- 04** Make sure new shoes fit your feet properly.
- 05** Don't go barefoot. Even in your own home with diabetes the risk of cuts and infection is too big.
- 06** Never try to remove calluses, corns, or warts on your own, sometimes over the counter products can cause irreparable damage to the foot for people with diabetes.