



Diabetes & Foot Care

While diabetes can have negative effects on the entire body, special focus is placed on the impact that diabetes can have on your feet. Diabetes can actually cause damage to the nerves in your feet that can lead to foot problems and potential limb loss. Luckily, there are many easy and simple things that you can do to prevent diabetes-related foot problems.

- The best way to do this is to keep your blood glucose (blood sugar) levels under tight control. Consult with your doctor to make and implement a plan.
- Examining your feet daily for any injuries and changes is a good first step at preventing foot complications. Make sure to practice good foot health strategies like keeping feet clean, dry, and properly maintained. See your doctor or podiatrist for any foot concerns you may have.
- Protecting your feet and preventing diabetes-related foot complications begins with wearing proper footwear—shoes, inserts, and socks— and wearing them whenever you're standing or walking. Proper footwear also means shoes that provide cushion, support, and protection for your feet. Access to therapeutic footwear can be easier if you have Medicare.

Living with diabetes can be challenging, but by connecting with health care professionals, you take the first steps in coming up with helpful strategies to improve foot health and maintain a better quality of life.

Learn more at

<https://www.diabetes.org/living-with-diabetes/complications/footcare>

Educational content provided by Dr. Comfort



Copyright © 2022 DJO, LLC. Terms and Conditions apply.
See <https://www.drcomfort.com/terms-of-use> for more information.
The American Diabetes Association has the rights to distribute this content.