



Tips for footwear

- Good fitting shoes and socks can help prevent problems
- Lace-up walking shoes are a good choice
- Check that socks are not too tight
- Inspect your shoes and socks for damage each time before pulling them on
- Inspect your shoes for foreign objects such as small stones.

Good foot care is your responsibility. Your GP and Podiatrist are there to help you.



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Other brochures and booklets available:

- Living With Diabetes and Insulin
- Diabetes New Zealand Supermarket Shopping Guide
- Time to Shed Some Light on Type 2 Diabetes
- A Basic Guide to Food for People With Diabetes
- Testing Your Blood Glucose
- Diabetes and Physical Activity
- Walking for Health, A Guide to Using Pedometers
- Diabetes and Your Kidneys
- Cardiovascular Risk and Diabetes
- Diabetes and Your Eyes
- Diabetes and Pregnancy
- Pre-Diabetes

DIABETES AND YOUR FEET



DIABETES NEW ZEALAND



Diabetes and Your Feet

Diabetes increases your chance of developing ongoing foot problems.

High blood glucose levels associated with diabetes may lead to nerve damage in the feet and legs resulting in loss of feeling.

Diabetes can lead to a restricted blood supply to feet and legs resulting in cold, painful feet.



Neuropathy (nerve damage)

Symptoms of nerve damage include: loss of feeling, burning, pins and needles, numbness and shooting pains.

Nerve damage may mean:

- You don't feel injuries e.g. shoes causing blisters.
- You can't tell the difference between hot and cold.
- You don't notice a foreign object in your shoes e.g. a stone.

Loss of feeling can lead to more severe problems such as foot ulceration and infection.

Blood vessel disease (Peripheral vascular disease)

Symptoms of blood vessel damage include:

- Feet are cool to touch.
- Calf pain during exercise.
- Thin shiny skin on feet and legs.
- Dry skin on feet and legs.

Blood vessel disease may mean:

- Wounds take longer to heal.
- Wounds may get infected more easily.

Common foot problems

Common foot problems need to be taken seriously in people with diabetes, as they may lead to infection. All foot problems should be treated by a registered Podiatrist.



Common foot problems to get checked include:

- Corns and calluses
- Blisters
- Dry cracked heels
- Problem nails, e.g. thickened, fungal or ingrown.

Preventing foot problems

People with diabetes should examine their feet daily because problems can develop quickly.

Look for:

- Redness
- Swelling
- Breaks in the skin e.g. cuts or scratches
- Blisters
- Hot or cold spots

Contact your General Practitioner or registered Podiatrist if any of the above are present.

Tips for preventing foot problems:

- Trim your nails to the shape of the end of your toes.
- Smooth rough edges with an emery board, if necessary.
- Apply a good moisturising cream daily to legs and feet.
- Encourage your General Practitioner to check your feet at every visit.

