



BE PROACTIVE

Foot Care

Poorly controlled diabetes can lead to foot complications



Nerve damage can make your foot feel numb and change its shape, increasing your risk of getting **calluses** and **ulcers**



Extremely **poor blood circulation** (vasculopathy) can cause wounds to heal poorly; an **amputation** may be required to save your life

Poorly controlled diabetes can lead to foot complications



Nerve damage (neuropathy)

- Uncontrolled blood sugar levels damage nerves over time leading to decreased foot sensation and deformity, e.g., mid-foot collapse, toe deformities, extremely arched foot
- Decreased foot sensation, deformity, and improper or inadequate footwear increase risk of calluses and ulcers (wounds)



Poor blood circulation (vasculopathy)

- Extremely poor blood circulation (vasculopathy) can cause problems in your extremities (hands or feet) such as cell death, tissue damage or infections
- Surgeries such as angioplasty (unblocking blood vessels), removal of damaged tissue or amputation may be required

Good foot care practices



Monitor feet every day



Maintain **good foot care and hygiene**



Moisturise hard skin areas regularly



Wear well-fitting and covered footwear



Apply simple first aid for small wound



Seek medical help if wound is **not healing well**, or **worsens**

Good foot care practices



Monitor feet every day

• Watch out for:

- ↳ Blister, wound, corn, and callus
- ↳ Redness, swelling, bruise, or increased warmth
- ↳ Toenail anomaly or change in foot shape

Maintain good foot care and hygiene

- Clean feet daily with mild soap and water
- Dry thoroughly between each toe
- Use a pumice stone or foot file to gently remove hard skin
- Avoid cutting nails too short; cut them straight across and file corners

Moisturise hard skin areas regularly

- Avoid using harsh soap
- Apply moisturiser daily but not between each toe
- Avoid scratching skin as it may lead to wound or bleeding

Good foot care practices



Wear well-fitting and covered footwear

- Wear well-fitted covered shoes with socks
- Home sandals are recommended
- Check and remove any stones or sharp objects inside shoes before wearing them

Apply simple first aid for small wound

- Clean small wound with saline before applying antiseptic and covering with a plaster
- Seek medical help if there is no improvement after two days or if there are signs of infection

Seek medical help if wound is not healing well, or worsens

- If signs of infection are present, such as redness, swelling, increased pain, pus, fever, or the wound starts to smell, seek medical help as soon as possible