

Diabetic Foot Care

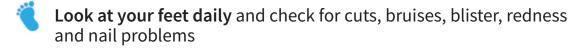


Diabetes can be dangerous to your feet because it can lead to serious consequences like amputations from even a small cut.

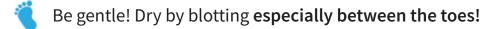
Two common complications of diabetes:

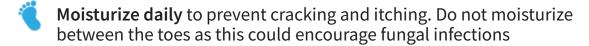
- 1 It may cause nerve damage (neuropathy), which results in loss of feeling or sensation in the feet.
- 2 It may cause poor blood circulation to the feet, making it difficult for an injury to heal or resist infections

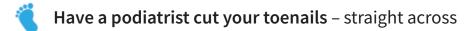
To prevent serious damage, use the following guidelines and make regular visits to your podiatrist (foot doctor).

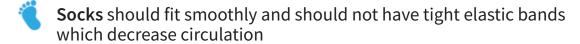
















Oo not smoke – smoking restricts blood vessels in your feet

Check your shoes before putting them on for pebbles or small objects which might irritate your feet.





