

FOXHALL PODIATRY and DR MORSE

Condition of the month / MAY 2019

The 10 Commandments of Diabetic Foot Management

...to Help Avoid Infections and Amputations

1. Thou shall not go barefoot. This goes for inside and outside of the home. You could step on something and not know it if you have numbness.
2. Thou shall not ignore any sore on your foot. Even a small sore can lead to a major infection.
3. Thou shall not use medicated products on your feet. Never ever use a medicated corn or callus pad.
4. Thou shall not use creams or lotions between the toes. This can lead to excessive moisture ultimately causing an infection.
5. Thou shall see a podiatrist at least once a year for a thorough evaluation. Thou shall not ignore a new foot pain that lasts more than a week.
6. Thou shall not soak your feet unless advised by a doctor. Excessive water will make your skin dryer. Really.
7. Thou shall use a moisturizing cream or lotion on the bottom of your feet regularly to avoid cracks in the skin. Dry skin is an unfortunate reality of having diabetes.
8. Thou shall inspect your feet daily especially if you have numbness. Please use a mirror to see the bottom of your feet.
9. Thou shall wear diabetic shoes and insoles if prescribed by your podiatrist. Wearing the right shoes and insoles can go a long way toward avoiding major diabetic foot complications.
10. Thou shall not try to self-treat an ingrown toenail. Infections and amputations have been the result in very unfortunate circumstances.

Bonus: 11. Thou shall not ignore a new foot pain that lasts more than a week. Ignoring foot pain can only lead to more serious consequences.