



Diabetes MEAL PLANS

Diabetes Footcare Treatment

Print this out and keep it as a handy reference.

Footcare Checklist

Here's a checklist of things that you and your health care practitioner should look out for:

- calluses or deformities
- claw toes
- poor feeling
- decreased blood flow
- reflexes
- bunions
- hammer toes
- calluses
- corns
- cracks
- infections
- nail condition - look out for fungal infections, changes in the color or odor of nails
- ingrown toenails
- dry skin
- any prominent veins that might appear
- cuts, splits, sores, blisters, or any breaks in the skin
- swelling, pain, or redness
- unusual discoloration

Take notice of *all* and *any* changes in your feet.

Basic Footcare Items

- Mirror
- Footcare cream
- Foot bath
- Nail clippers

Footcare Guidelines

Position yourself in an area where there is plenty of light.

Use the checklist above to examine both feet carefully, start from the top of your foot and look at the toes, between the toes, and the borders of your feet.

Use your mirror and examine the soles of the feet, behind the heel, and the underside of the toes and between the toes - carefully looking out for any abnormalities or even anything that might be slightly different than usual.

You should conduct this detailed footcare routine at least once per week.

You do need to clip the toenails on a regular basis, as long toenails can pierce the skin.

It's important to use nail clippers to cut your toe nails as they are safer than scissors. With scissors it's easier to slip and cause small cuts in the skin that can lead to infection. Nail clippers are less likely to do this. But if you have difficulty reaching your feet, or have concerns about clipping them yourself, then visit a podiatrist on a regular basis and have them done professionally.

You need a footbath to wash and clean your feet *every day* using warm water and a specialized solution or antibacterial soap; then thoroughly dry the feet. Make sure you dry between the toes and pat the skin rather than rub it.

You also want to avoid cracks, particularly in the heels of the feet, so applying foot cream on a daily basis is also a good idea - it helps to keep the skin moist.

Think of this as a pamper session rather than a chore!

Your Health Is Your Wealth!

To read the whole post or find references for this info,
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