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## Diabetes and Foot Health

Diabetes is a chronic and progressive disease. Over time, uncontrolled diabetes management can cause many complications especially serious damage to the vessels in our eyes, heart, gums, kidneys and nerves.

Diabetic neuropathy is a form of nerve damage caused by suboptimal glyceemic control. This neuropathy causes reduced sensation to lower extremities including legs and feet.

In some cases, people with severe neuropathy continue to walk on crushed bones in their feet from unknown fractures due to reduced feeling in their feet. These people cannot feel sore, pain from ulcers, or fractures. The repeated process of putting pressure on the fractures sites leads to ulcer formation and possibly osteomyelitis.

Due to the normal aging process, the foot exhibits anatomical changes in the bones, new pressure points, bones falling and moving, reduced strength in tendons and ligaments which keep the foot structure in line and stable. These anatomical changes lead to corns, calluses, hammer toes, and neuromas.

Here are some examples of signs of foot problems to look out for when performing daily hygiene care for your residents.



### Feet at High Risk



If you encounter these types of wound and deformities, you should advise the staff in charge to notify the family members so the family can take the necessary steps to prevent further problems and possible infections. The action would be to have foot care done by the advanced foot care nurse to offload pressure sites and trim nails.

Yearly foot examinations should be performed on all people with diabetes and frequent assessments of feet on all elderly clients. These assessments can and will prevent complications of the foot.

Feel free to browse my website <http://www.achillesfootcare.ca> and pamphlet on foot care services. The care of our feet is very vital to activities of daily living, overall general health and mobility and mental health.

Newsletters are available at: [medicalartsparmacy.ca](http://medicalartsparmacy.ca)

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