



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION



Diabetes and **Foot Care**



Diabetes and foot problems

Foot care amongst diabetics is incredibly important, and it should be a prime consideration. Foot care is especially important for people with diabetes, because they are prone to poor blood circulation and nerve disease in the extremities. In addition, people with diabetes are likely to develop infections that often appear in the feet.



Preventing diabetic foot problems

The best strategy for preventing complications of diabetes — including foot ulcers — is proper diabetes management with a healthy diet, regular exercise, blood sugar monitoring and adherence to a prescribed medication regimen. Proper foot care will help prevent problems with your feet and ensure prompt medical care when problems occur.



Tips for proper foot care include the following:

Inspect your feet daily: Check your feet once a day for blisters, cuts, cracks, sores, redness, tenderness or swelling.

Wash your feet daily: Wash your feet in lukewarm water once a day. Dry them gently, especially between the toes.

Don't smoke: Smoking impairs circulation and reduces the amount of oxygen in the blood. These circulatory problems can result in more severe wounds and poor healing.

Don't remove calluses or other foot lesions yourself. To avoid injury to your skin, see your doctor or foot specialist (**podiatrist**) for removal of any of these lesions.

Don't go barefoot: To prevent injury to your feet, don't go barefoot, even around the house.

Wear clean, dry socks: Wear socks made of cotton and special acrylic fibers that pull (wick) sweat away from your skin.

Buy shoes that fit properly: Buy comfortable shoes that do not fit tightly and that provide support and cushioning for the heel, arch and ball of the foot. Avoid high heels or narrow shoes that crowd your toes.

Schedule regular foot checkups: Your doctor or podiatrist can inspect your feet for early signs

of nerve damage Schedule foot exams at least once a year or more often if recommended by your doctor.

Trim your toenails carefully: Trim your nails straight across. Carefully file sharp ends with an emery board.

Take foot injuries seriously: Contact your doctor if you have a foot sore that doesn't begin to heal within a few days or other persistent problems with your feet. Your doctor will inspect your foot to make a diagnosis and prescribe the appropriate course of treatment.



Primary Health Care Corporation plays important role in achieving better health and well-being for the people of Qatar.

PHCC is devoted to comprehensive health care for people of all ages by providing continuing and broad health care for the individual and family across all ages, genders, diseases, and parts of the body.

With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.



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