



Diabetes Foot Care 糖尿病人足部的照護(英文)

What is diabetic foot?

Diabetic patients are likely to be infected, even a tiny foot injury, if there is no proper treatment; therefore, they should be extra cautious with foot care. They prone to ignore its significance because diabetes could easily damage nerves that devoid the sensation of the foot; furthermore, vascular lesions could deteriorate circulation and slow down the healing process; so diabetic patients ought to be aware of the consequences incurred by small wounds. Timely recognizing health and foot problems could greatly reduce amputation risks. The followings are some simple principles of foot care :

Simple steps to protect feet:

1. Control blood sugar: According to diabetes control and complications trial report from United Kingdom in 1993, blood sugar control can reduce nerve damage for up to 56%, so it is the most basic requirement for preventing foot lesions.
2. Diabetic patients should check whether there are wounds, bruises, or red dots on their foot every day. Other notes are as follows:
 - (1) Wash and dry your feet, including interphalangeal areas. If the skin is dry, use emollient like lanolin cream or oil to prevent excessive chaps.
 - (2) Wear appropriate shoes and socks. Choose soft leather material and well fitted shoes. Choose thick, soft, and cotton material socks.
 - (3) Do not walk with barefoot. Each time you put on your shoes, check for the foreign materials to avoid foot injuries.
 - (4) Do not smoke.
 - (5) When cutting toenails, do it when the vision is clear; if you cannot see clearly, ask for the help from your family members.

(6) Use nail scissors for nail cutting. Cut your toenails straight across and avoid cutting into the corner of your skin.

(7) Do not try to use razor blades, corn plaster, corn lotion, and callus elimination instruments to remove corns or calluses by yourself.

(8) Please see a doctor immediately if there are cuts or minor injuries on your foot

(9) Do not use hot water bag to foment your feet in order to avoid scald.

(10) Do not sit with your legs crossed, so you can avoid vascular compression that impairs blood circulation.

若有任何疑問，請不吝與我們聯絡
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