



Diabetes And Your Feet

People with diabetes are unfortunately more prone to developing problems with their feet than others. The two main factors that inhibit healing capabilities of a diabetic patient are decrease blood supply to the limbs, and damage to nerves or a decrease in sensation. A Step Ahead podiatry has a long history of providing professional care to patients with diabetes, through both assessment and

Decreased Blood Supply

It is common for most diabetic patients to develop decreased circulation to the legs and feet. This is due to a change in shape and narrowing of blood vessels in the presence of high blood sugar level and a continuously changing environment within the body.

Good blood supply is vital for adequate oxygen and nutrients to be carried throughout the body. This oxygen and nutrient supply is what allows our body to repair damaged tissue and fight against infection. Even the most minor cut or infection can be detrimental if blood supply is diminished.

↓ Decreased blood supply = ↑ Increased risk of infection Neuropathy



A loss or decrease in feeling is a common complication associated with diabetes. This is due to a change in the number and structure of nerve fibres, resulting in difficulty transmitting nerve signals that would usually cause a response. Neuropathy can present as tingling, itching, burning, numbness or a complete lack of, sensation and feeling. As you may be aware, the way we sense most dangers is through our senses. Feeling pressure, temperature, texture and pain are all important ways we keep from harming ourselves. When diabetic patients lose this ability, or it is inhibited they are placed at greater risk of injuring themselves.

↓ Decrease in sensation = ↑ Increased risk of injury

Common Injuries

- Heel cracks, resulting in fissures and ulceration.
- Stepping on sharp objects without knowing.
- Burning feet, hot water, sand, ashfelt.
- Corns and callus, resulting in increased pressure and ulceration.
- Burning feet, hot water, sand, ashfelt.
- Shoes or seams rubbing causing blistering

***As minor as these injuries may seem, to someone with impaired healing they can be very serious. If left untreated, in the worst case scenario they can lead to infection, gangrene and amputation.**

Prevention

Daily foot checks by the patient, family members or health practitioner. Careful selection of footwear- wide, extra depth and with minimal seams. Apply creams daily to ensure skin is hydrated. If nails cannot be cut by a health professional, cut them straight. See a podiatrist for regular assessment and foot care.

What we A Step Ahead can do for you?

- Regular, thorough diabetic assessment
- Vascular assessment
- Footwear advice
- Neurological assessment
- Diabetic education

A Step Ahead Podiatry is Western Sydney's leading foot and ankle clinic. Our highly skilled team are equipped to treat and assess all your foot and ankle needs. Why not call now to confirm an appointment time or check us out on the net?

The information provided here should not be used for the diagnosis or treatment of any medical condition. **This should not be construed as professional advice.** A registered Podiatrist or general practitioner should be consulted. We strongly recommended you contact one of our professional staff for a detailed diagnosis and treatment plan.

