

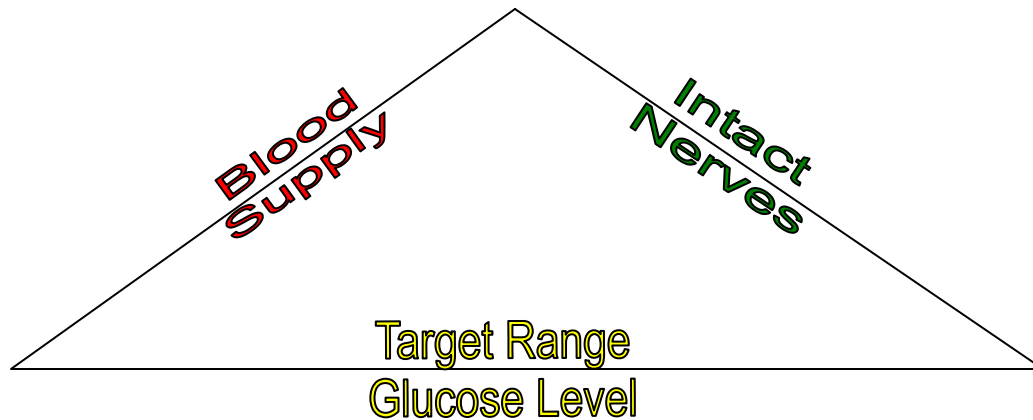
# Daily Foot Inspection

## Why Inspect?

By inspecting your feet daily, you can prevent foot problems or recognize early warning signs of potential problems.

Foot complications are often preventable if you know what to look for and how to promote healthy feet on a daily basis.

## Foot Health Triangle



With prolonged periods of high blood glucose levels, changes in circulation, nerve sensation and the ability of the body to heal wounds or fight infection occur.

## Why Foot Care Is Needed:

- ❖ Nerve damage (peripheral neuropathy) can result from high blood glucose over time. You can have loss of protective sensation but still have feeling in your feet.
- ❖ Circulatory problems-arterial blockage prevents blood from getting to the feet making them more prone to ulcers.
- ❖ Elevated blood glucose levels stress or tax the immune system which is responsible for fighting infection and promoting healing of wounds.
- ❖ Since diabetes is a progressive disease, periods of prolonged high glucose levels can affect 1, 2 or all parts of the Foot Health Triangle.

FACT: Prevention is key since over 50% of all amputations are related to elevated blood glucose.

## How To Examine Your Feet:

- I. Use a mirror to look at the soles of your feet.
  - ✓ Hand held mirror with adjustable handle.
  - ✓ Mirror with magnification.
  - ✓ Mirror on floor.
  
- II. Use hand to feel feet for:
  - ⇒ Heat/Cold
  - ⇒ Tenderness
  - ⇒ Moisture
  - ⇒ Skin irregularities
  
- III. Changes to look for:
  - Color Changes**
    - ∇ Redness, infection or inflammation
    - ∇ Purple/Blue – poor circulations
  
  - Swelling**
    - ∇ Location
    - ∇ Can you make an indentation in area
  
  - Temperature Changes**
    - ∇ Feel hot – infection or inflammation
    - ∇ Feel cold – poor circulation
  
  - Skin Irregularities**
    - ∇ Blister/Cuts
    - ∇ Callous
    - ∇ Corns/Bunions
  
  - E-Nails**
    - ∇ Thick nails
    - ∇ Ingrown nails
    - ∇ Broken nails

## Treating Foot Problems:

Some foot problems you can care for at home:

### Mild Swelling

- ✓ Elevate feet when sitting long periods
- ✓ Avoid wearing tight socks or garter

### Temperature Changes

- ✓ Wear socks to bed if feet are cold
- ✓ Wear fleece lined socks
- ✓ Avoid heating pads, especially to bed

### Blisters/Cuts

- ✓ Wash wound, cover with dressing
- ✓ Look at wound site daily
- ✓ Wear socks with shoes
- ✓ Change shoes that cause rubbing

### Callous

- ✓ Apply lotion daily, lanolin is best
- ✓ Use emory board/pumice stone for gentle rubbing, never use scissors
- ✓ If loss of sensation, have podiatrist remove callous

### Corns/Bunions

- ✓ Use padding to reduce pressure
- ✓ May be related to poor fitting shoes

### Nails

- ✓ Cut straight across, file edges
- ✓ Use nail clippers **not** scissors
- ✓ Use battery operated file on thick nails
- ✓ See podiatrist if can't cut own nails

## When To Call Your Physician

- ☎ Cuts showing signs of infection after 24 hours
- ☎ Redness, tenderness, heat, swelling, drainage
- ☎ Callous that crack, feels tender or hot
- ☎ Swelling
- ☎ Feet feel cold, look blue
- ☎ Redness, heat that stays over 24 hours
- ☎ Pain in feet or calf when walking
- ☎ Sensation changes i.e. pins and needles, burning or numbness

## Summary Of Foot Care Do's

- 1) Inspect feet daily.
- 2) Keep feet clean, wash daily using warm water and mild soap. Pat dry and apply lotion if needed.
- 3) Avoid soaking, this removes natural oils.
- 4) Wear clean socks everyday, cotton is best.
- 5) Wear well fitting shoes that cover and protect your feet, leather is best.
- 6) Have your provider examine you feet at each visit.
- 7) At least once a year, have a thorough monofilament foot exam by your provider.