



Take action to reduce the risk of developing foot problems!

The best way to reduce the risk is to keep your blood sugar within target levels.

In addition:

- keep your blood pressure at target levels;
- stop smoking or vaping, if applicable;
- have your feet checked once per year by a doctor or a footcare professional;
- take care of your feet.

When to consult?

See a doctor right away if you find:

- signs of infection, such as redness, pain, heat to the touch, swelling, discharge with a peculiar odour, fever;
- abnormal colour or no sensation in your legs or feet.

Resources

Association des infirmières et infirmiers
en soins podologiques du Québec
aiispq.org

Ordre des podiatres du Québec
ordredespodiatres.qc.ca

Questions about diabetes?

InfoDiabetes Service
514-259-3422
1-800-361-3504
infodiabete@diabete.qc.ca

Diabetes School
Universi D
universi-d.com

Diabetes  Québec
diabete.qc.ca

Diabetes  Québec

Footcare and diabetes

Footcare: essential for people with diabetes!

People with diabetes need to pay particular attention to their feet. Having high blood sugar can:

- damage the nerves of the legs and feet;
- impede blood flow;
- delay healing;
- weaken the immune system.

Under these conditions, a foot wound could go unnoticed and become infected. An infected wound that is neglected or not properly treated can lead to gangrene and amputation.



Take care of your feet

Every day

Wash your feet in warm water with mild unscented soap.

- If you take a bath, check the water temperature with your elbow instead of your foot to avoid burns.
- Limit your bath or shower to 15 minutes to avoid softening the skin of the feet.
- After your shower or bath, dry your skin well, particularly under and between your toes. Excess moisture can promote infection.

When your feet are dry, apply a very thin layer of unscented moisturizing lotion over the entire surface of your feet, except between your toes.

Examine your feet closely, even between your toes, under a bright light to detect any wounds. Use a mirror if needed to see under your feet or ask a family member to help you.

On a regular basis, after your shower or bath

File your toenails with an emery board.

- Always file in the same direction, avoiding back-and-forth motions.
- Don't use toenail clippers or any other sharp or metallic object.
- Be sure that your toenails are not shorter than the end of your toes to avoid the growth of ingrown toenails.

Rub calluses gently with a wet pumice stone.

- Always rub in the same direction, avoiding back-and-forth motions.
- Don't try to remove calluses in one session.

Don't try to remove corns yourself and don't use any over-the-counter products to fix this problem.

If you have mobility or vision problems, use the services of a footcare professional to attend to wounds, large calluses, corns or ingrown toenails.

Socks and shoes

Socks:

- Choose socks that keep your feet dry, made from a blend of cotton and synthetic fibres.
- Choose light-coloured socks so that you can more easily detect any discharge from a wound or cut.
- Choose seamless socks that do not bind your foot and ankle so as not to impair blood circulation to your feet.

Shoes:

- Buy your shoes at the end of the day when your feet are the most swollen.
- Choose flexible shoes that are comfortable from the moment you put them on and provide your feet with proper support.
- Avoid heels higher than 5 cm (2 in.).

Check inside your socks before putting them on to detect any foreign objects or any creasing that could injure your foot.

Wear rubber sandals in public places, such as swimming pools, beaches and public showers.

Avoid walking barefoot, even at home.

What to do in problematic situations

Cold feet

- Wear socks to bed if your feet are cold at night.
- Wiggle your toes and rotate your ankles for a few minutes every day to improve your circulation.
- Never put a hot water bottle or heating pad on your feet. You could burn yourself without realizing it because of the reduced sensitivity in your feet.

A minor foot wound

- Wash the wound with warm water and mild unscented soap.
- Rinse and gently pat dry.
- Cover the wound with a dry bandage, taking care not to squeeze the foot.
- Don't apply antibiotic ointment without a doctor's prescription.
- When seated, elevate your leg on a stool to improve blood circulation.
- Avoid walking on the wound.
- Check the wound every day for signs of infection.

