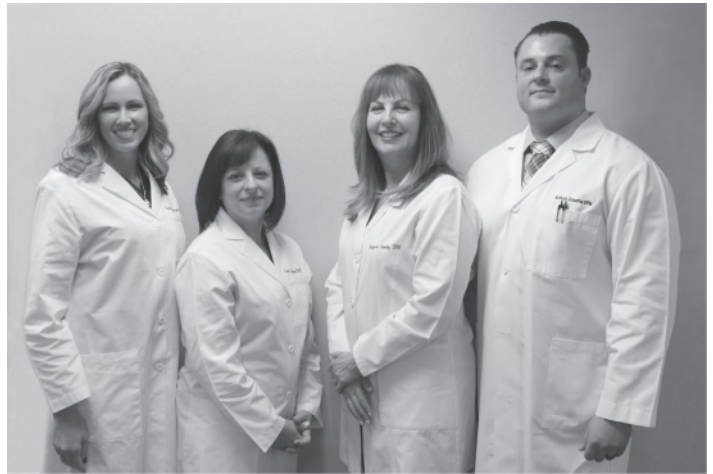


# FOOTNOTES

*“Health Care Tips  
On The Feet”*

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## DIABETES AND YOUR FEET

Diabetes is a chronic disease that occurs when your body's ability to process sugars, starches, and other foods into energy is impaired. Some of the long-term effects of the elevated sugar (glucose) are damage to eyes, heart, feet, kidneys, nerves, and blood vessels. Specifically, diabetes can affect the sensation and the circulation in your feet. This can lead to numbness in your feet and decreased ability to heal injuries and wounds on the feet. A diabetic is more likely to get infections, soft tissue and bone injuries, and wounds on the feet that can lead amputation.

Here are some steps you can

take to try to prevent foot problems associated with diabetes:

1. Wash your feet daily with warm water and dry well, especially between the toes. Check your feet daily for cuts, cracks, swelling, or redness. Report anything unusual to your podiatrist.
2. Protect your feet with well-fitting, round toed shoes. Have your feet measured when you buy shoes for proper fit. Do not go barefoot.
3. Let your Podiatrist treat corns and calluses as well as thickened or ingrown toenails. Some home remedies can cause damage.
4. Check your blood sugar at least once daily and try to keep it within your doctors recommended range.

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