



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Diabetic Foot

What are the factors that increase the incidence of diabetes complications in the feet?

High level of cholesterol in the blood



Smoking



Lack of control of blood sugar



The duration of diabetes



Hypertension



What are the symptoms of diabetic foot complications?

1. Poor circulation.

2. Neuropathy.

1. Symptoms of Poor Circulation:

- The presence of pain in the calf muscles when walking and disappears when resting.
- Cold feet.
- Shiny skin and hair loss on the feet.
- The presence of pain when resting.

2. Symptoms of Neuropathy:

- Burning feet.
- Numbness or tingling in the foot (on the soles of the feet).
- Loss of sensation in the foot.
- Muscle weakness.
- Dryness foot.
- Extreme sensitivity to touch.

For the safety of your feet, follow the following:

1. A healthy lifestyle.
2. Pedicure.
3. Stimulating blood circulation in the feet.
4. Choose the right shoe.



1. How do you maintain a healthy lifestyle?

Follow the treatment instructions prescribed by your physician or the health educator

Keep your blood sugar level close to normal rate

Quit smoking

Maintain normal levels of cholesterol in your blood.

2. How do you take care of your feet?

A diabetic patient may suffer from serious foot problems without feeling any pain.

Check your feet and the soles of your feet daily using a mirror and check if there is any cracks, redness, blueness, dryness or skin cuts

See a podiatrist when any of the above signs appear

Clean your feet daily and make sure the water temperature is moderate before putting your feet in it

Do not soak your feet in water, as this will lead to dry feet later

Dry your feet well, especially between the toes

Use vegetable oils to moisturize the dry parts of your feet, taking into account that the oil or cream does not reach between the toes

Use a powder between the toes to always keep this area dry

Consult a podiatrist on the best way to get rid of rough skin if you suffer from it

Do not use any scented ointments, creams or lotions, as they irritate the skin

Do not walk barefoot so that your feet won't burn if the floor is hot or be injured by any sharp materials on the floor

Consult a podiatrist to use a pumice stone to smooth rough skin after showering or after washing feet.

Use a pumice stone gently by rubbing the skin of your feet in one direction to avoid tearing them.

Ask your physician or podiatrist if you have thickening or yellowing of your toenails, or an ingrown toenail problem.

Do not use razors, scissors, foot files or peeling means to get rid of feet rough skin , as this may cause cuts and other damage to the feet skin.

Cut your toenails horizontally, without going to the corners, using scissors.

Use the file to trim your toenails on a weekly basis or as needed.

If you have poor eyesight or difficulty reaching your toenails, seek help from a capable person.

Do not get your feet close to the heater on winter days or any source that emits heat, as your feet may burn without realizing such.

3. How to maintain active blood circulation in your feet?

- Keep your feet high when sitting and do not leave them hanging down for a long time.
- Join your toes for five minutes two or three times a day, and move your ankles up and down.
- Do not sit in a crossed-leg position for a long time so that it won't affect the blood circulation.
- Consult your physician about the type of exercises that you can do daily.

4. What are the conditions for choosing the right shoe?

	
The size of the shoe should be suitable for the foot.	It should not be shown, such as (sandal).
It should be made from a soft natural leather.	It should not be high heels.
The front of the shoe should be wide to allow the toes to move freely.	It should not be shoes with narrow cuffs.

What are the things that must be taken into consideration when wearing footwear and shoes?

- ✓ Choose shoes that can be worn easily and cover the entire foot.
- ✓ Use cotton socks as they absorb sweat, and stay away from socks made of nylon.
- ✓ Keep socks and shoes always clean.
- ✓ Ensure that the shoes are free of sharp objects or stones before wearing them.
- ✓ Do not wear tight shoes.

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إدارة التشخيص الصحي

Patient Education Department

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