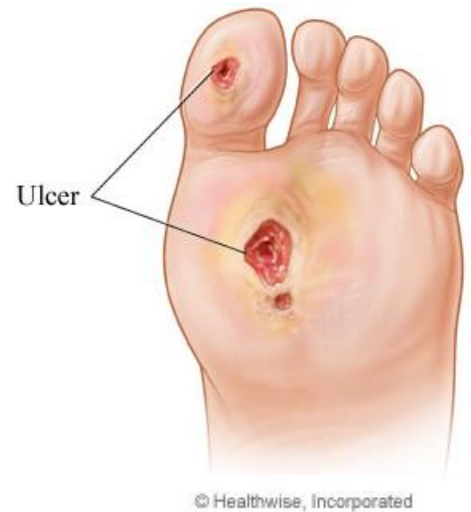




Diabetic Foot Facts

- Diabetes affects about 5% of the world population. Higher in Canada.
- Almost half (43%) of all diabetics have their first hospital admission associated with a foot ulceration / infection.
- Every 30 seconds a leg is lost to diabetes somewhere in the world.
- Up to 70% of all amputations are in relation to diabetes.
- Diabetes = up to 40 times more likely to have an amputation.
- Up to 5% of all diabetics currently have a foot problem.
- Foot complication is the number one cause of hospital admissions for diabetics.
- Most amputations begin with ulceration. (85% +)
- One in 6 diabetics will develop an ulceration in their life time.
- Mortality rate is high post amputation or ulceration.



BUT WHY???



- Sensation loss...undetected injury. Not Able to feel pain.
- Present in 60% + all longstanding diabetics
- Circulation loss...A 70 year old person with diabetes has a 70 times increased chance for gangrene versus a non-diabetic of the same age...200 times increased chance if also a smoker

Stats provided by:
Jonathon Clarke,
RVH DMC Foot Clinic
(705) 739-5652 x 23

The Power To Save Your Feet Is In Your Hands...

WASH YOUR FEET EVERY DAY WITH MILD SOAP AND LUKEWARM WATER

Test the water temperature first with your elbow to make sure it is not too hot.

Do not soak your feet. Soaking can cause your skin to dry and crack.



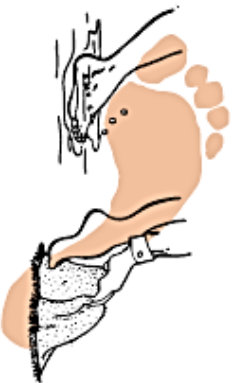
TAKE CARE OF YOUR TOENAILS

See your footcare service provider regularly for necessary trimming and other appropriate care.



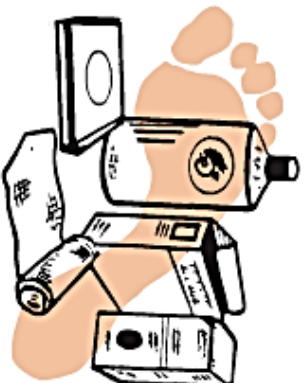
Dry your feet gently, especially between the toes.

Keep skin from cracking by using moisturizing lotion daily on dry skin.



The sooner treatment is begun, the greater the chances that your feet will last a lifetime.

Be sure to follow these recommendations carefully and please, *bring even minor unhealed foot irritations to the attention of your doctor without delay.*



PROTECT YOUR FEET

Do not walk barefoot, even indoors.

Break in new shoes slowly, wearing them for only 1 or 2 hours at a time.

Always wear clean socks that are made of natural fibre (ie. cotton) with your shoes, they should not be too tight around the foot or ankle and should have smooth seams.



KEEP YOUR BLOOD FLOWING WELL

If you smoke, try to quit. Smoking decreases blood flow to the feet.

Avoid wearing tight garters or socks.

CHECK YOUR FEET EVERY DAY

Look at the tops and bottoms — If you can't see the bottoms use a mirror.

Check for scratches, cracks, cuts or blisters, especially between the toes and around the heel.

Check for ingrown toenails, corns, calluses and sores. Note any changes in colour, temperature or shape.