

## TIPS FOR YOUR TOES

### DAILY FOOT CARE

1. Wash feet with mild soap in lukewarm water.
2. Dry feet, including your toes.
3. Moisturize and check feet for signs of: cracks, cuts, calluses, blisters, as well as corns, sores, ingrown or fungal toe nails, and any change in colour, shape, or temperature.  
**If you answer yes to any of the above signs, seek professional care AT ONCE!**
4. Always have a change of socks and shoes that are properly fitted.



### DAILY FOOT WEAR

1. Check and shake your shoes out.
2. When shopping for shoes always measure feet first and check that feet are comfortable with no pressure or tightness while walking.
3. Buy a closed toe, wide, and sturdy shoe with a thick heel base.
4. Shop at the end of the day when your feet are most swollen to ensure a proper fitting shoe.



## THE RABBIT



The Rabbit represents the ability to move through fear and to have humility when walking on this earth. This animals' quiet nature reminds us to rid ourselves of any negative feelings, nervousness, or fear and to be caring for our feet and ourselves. The first step to healthy feet is to not be afraid to take your socks off and check your feet daily as well as seek professional help when you notice anything abnormal with your feet.

**TAKE CARE OF YOUR FEET AND THEY  
WILL TAKE CARE OF YOU!**

## CONTACT US

# HEAD OFFICE

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The contents of this pamphlet is for information only. The Indigenous Diabetes Health Circle recommends that you contact a health professional for specific medical, health and foot care concerns regarding diabetes and current health status and physical activity levels.



*The Rabbit*  
HAPPY FEET ARE  
HEALTHY FEET

# FOOT CARE & DIABETES

In The Indigenous Community



& Diabetes Prevention

## DIABETES & YOUR FEET

Too much sugar in the blood can affect your feet in the following ways:

- **Poor Circulation:** This means that your **blood flows slower** and not enough is reaching your feet in the proper amount of time.

This affects the body's ability to heal itself because the body will respond slower and has trouble getting healthy blood to the infected areas. Cold feet are one of the signs of poor circulation.

- **Neuropathy:** This means your **nerves are dying** off from the amount of sugar in your blood that cut and damage the nerves.

Such damage causes a loss of feeling and protective sensation which leaves you at risk for injury without knowing. Tingly or numbing feeling in the feet are some of the signs of neuropathy.

## So, WHO SHOULD YOU SEEK FOOT CARE FROM?

**Chiropodist or Podiatrist:** provide advanced foot care treatment with infections and disorders.

**Nurse:** who has specialized training in foot care and can provide routine foot care treatment.

**Reflexologist:** provide treatment of nerve endings in the feet through focused pressure which improves circulation.

## SOADI'S WHOLISTIC FOOT CARE PROGRAM

This program consists of four components:

- **Annual Foot Care Events**  
Services based on diabetes education, screening and care.
- **Ongoing Foot Care Locations**  
Treatment, and follow up care at specified locations.
- **Foot Care Subsidies**  
Individualized ongoing care.
- **Preventative Self Care Resources**  
Tools and resources needed to practice daily preventative care such as; self care DVD, mirror, lotion, soap, diabetic socks, etc.

## DIABETIC FOOT FACTS

- The human foot contains 26 bones, 107 ligaments, 19 muscles, and 7200 nerve endings.
- Foot complications are the number one cause of hospital admissions for diabetics.
- Every 30 seconds a leg is lost to diabetes somewhere in the world.
- 1 in 6 diabetics will develop an ulceration in their life time .
- Most amputations begin with ulceration. (85%+)
- Mortality rate is very high post amputation or ulceration.

## PROTECT YOUR FEET

Here are some ways to protect your feet so they last a life time:

- Always choose thick socks to warm feet and never use heating pads or hot water.
- Wear socks made of natural fibres to help feet breath, and never wear socks that leave lines around your leg, ankle, or feet.
- Always cover your feet with socks, and shoes.
- Break in new shoes slowly, by wearing them 1 to 2 hours at a time.
- Always cut your toe nails straight across.
- When living with diabetes it is recommended to seek a foot care specialist for necessary nail and foot care, especially with any lack of mobility or feeling in feet.

## KEEP YOUR BLOOD FLOWING WELL

- Lower and control your blood sugar (glucose) levels.
- Never wear tight hosed socks unless recommended by your doctor.
- Stay active and exercise daily.
- Avoid crossing your legs.
- If you smoke, quit.

**THE POWER TO SAVE YOUR FEET IS IN YOUR HANDS!**