

Foot Care for People with Diabetes

Diabetes can cause slow blood flow and damage the nervous system around the feet. If diabetes patients do not take precautions to maintain healthy feet, any injury can cause a series of complications, including foot ulcer, bacterial infection, and neuropathic osteoarthritis. These complications may result in irreversible damage to feet such as amputation.

Guideline to Diabetes Foot Care

1. Check the feet every day, especially for any cuts or sore skin.
2. Wash the feet with warm water and mild soap, and dry them thoroughly, especially the area between toes.
3. Use lotion over the top and bottom of the feet to keep them moisturized. Do not apply the lotion between the toes or it will increase the risk of fungal infection.
4. Wear clean socks and shoes that fit well.



5. Use a nail clipper carefully. Have toenails trimmed straight across and filed. Do not forcefully pull out any hangnails to prevent injury to the surrounding skin tissue.
6. Check the shoes daily to make sure they are free of any pebbles or sharp objects.
7. Don't walk barefoot. Remember to wear socks and fitting shoes at all times



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足部護理對糖尿病患者的重要性

糖尿病會導致血液循環緩慢，損害腳部周圍的神經系統。如果糖尿病患者沒有採取妥善的預防措施來維持雙腳的健康，任何損傷都有可能引起一系列的併發症，包括足部潰瘍，細菌感染和神經性骨關節炎。如果情況繼續惡化，這些併發症可能會導致截肢等不可逆轉的損傷。

足部護理細則

1. 每天檢查腳部，特別是任何切傷或潰瘍的皮膚。
2. 用溫水和溫和的肥皂洗腳，並徹底擦乾，特別是腳趾之間的區域。
3. 將乳液霜塗在腳背和腳底去保持雙腳濕潤，但不要將乳液塗在腳趾之間。因為會增加真菌感染。
4. 穿乾淨的襪子和合適的鞋子，大小必須合腳，太鬆或太緊都不好。



5. 小心使用指甲刀摘下腳趾甲，腳趾甲需要平直地修剪。還有，指甲邊的肉刺不可強硬生拉拔出，以防傷及周圍皮膚組織。
6. 每天檢查鞋子，確保沒有任何小石子或尖銳的東西在鞋里。
7. 不要赤腳走路，請記住任何時候都要穿襪子和合身的鞋子。

