

# YOUR fabulous feet

A person with diabetes is more vulnerable to foot problems because diabetes can cause damage to nerves and reduce blood flow to the feet. Healthy feet are a good reason to keep your glucose, cholesterol and blood pressure under control.

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## Clean Your Feet Daily

- Wash with warm water and mild soap.
- Dry your feet and toes.
- Trim nails after bathing when they are soft—cut nails straight across.
- Use lotion to prevent cracking. (*Do not put lotion between toes and avoid lotions that are alcohol based.*)

## Check Your Feet Each Day

- Examine the tops and bottoms of your feet.
- Check for dry, cracked skin; blisters or sores; ingrown nails; swelling; change of sensation; color changes; change in temp.
- Check the inside of your shoes for foreign objects or rough areas.

## Protect Your Feet

- Never go barefoot.
- Break in new shoes slowly to prevent blisters.
- Always wear cotton socks and shoes made of natural materials.
- Contact your provider to treat problem areas. Avoid self-treatment of any problem areas.
- Screening for foot complications should be a routine part of your medical visits.

If you take care of your feet every day, you can lower your chances of losing a toe, foot, or leg due to diabetes complications.

~ LYNNELLE GABRIEL, DPM  
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To learn more about treatment of diabetes, please talk with your health care provider or contact:  
AMERY HOSPITAL & CLINIC / (715) 268-8000 | HUDSON HOSPITAL & CLINIC / (715) 531-6700  
STILLWATER MEDICAL GROUP / (651) 439-1234 | WESTFIELDS HOSPITAL & CLINIC / (715) 243-3400

# diabetes

## TIPS FOR EARLY DETECTION

The CDC estimates that 29.1 million people have diabetes. Of those, 8.1 million are undiagnosed. A person with prediabetes has a blood sugar level that is higher than normal, but not high enough for a diagnosis.

### EARLY SYMPTOMS OF DIABETES:

- Frequent urination
- Feeling very thirsty or hungry, even though you are eating
- Blurry vision
- Cuts or bruises that are slow to heal
- Tingling, pain or numbness in hands or feet

### RISK FACTORS:

- Being 45 years of age or older
- Being overweight
- Having a parent or sibling with diabetes
- Being African-American, Hispanic/Latino, American-Indian, Asian-American or Pacific-Islander
- Having diabetes while pregnant or giving birth to a baby weighing 9 lbs. or more

Early diagnosis of prediabetes or type 2 diabetes can prevent serious problems later, including loss of eyesight or kidney damage. If you have some of the above risk factors, talk with your doctor about getting a blood test. You can also get a referral to meet one on one with a dietitian.

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