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# Nottingham Diabetes



Disclaimer

## Dealing With Your Diabetes



### Taking Care Of Your Feet

Having diabetes may put your feet at risk. Some people with diabetes do have problems with their feet.

The circulation (blood supply) may be poor making your skin more fragile. If the skin becomes damaged a poor blood supply can delay healing and lead to infection.

The sensation may also be reduced or there may be numbness. With loss of feeling you may be unaware you have damaged your foot e.g. shoes could rub a blister and you would not feel the pain. A stone may be lodged in the shoe and you would not notice it was there and so damage could be caused.

Athletes foot is a common infection this appears generally between the toes. The web space has the appearance of whitish patches of skin. You should see your GP for treatment.

Words used by health professionals concerning your feet:

- Ischaemia** - impaired blood supply
- Neuropathy** - loss of sensation
- Tinea pedis** - Athletes foot



### Good Things To Do

- Check your feet daily. Look for any cuts or breaks or change in the skin colour, redness. (Ask someone else if you can not, try using a mirror)
- If you do find a cut, blister, sore and it does not appear to be healing as usual or you are in any doubt contact a health professional
- Check your shoes daily- look for foreign objects e.g. drawing pin in the sole
- Wash your feet daily, making sure you dry gently but well between the toes
- If you have dry skin use a moisturising cream daily, this prevents cracking and keeps your skin supple
- Cut your toenails regularly - if you cannot cut your nails or have poor vision, consult your local State Registered Chiropodist/Podiatrist. People with diabetes are entitled to free chiropody
- Break new shoes in gradually

### Bad Things To Do

- Do not step into hot baths- check the temperature (test first with your elbow)
- Do not use hot water bottles - try bed socks or electric blankets
- Do not sit too close to fires and radiators
- Do not walk barefoot, if you have reduced sensation you will not know when you have damaged your feet
- Do not dig down the sides of nails, use sharp surgical blades or corn paring knives or corn remedies - see your chiropodist
- Do not use over-the-counter verucca remedies. Always tell the pharmacist that you have diabetes.