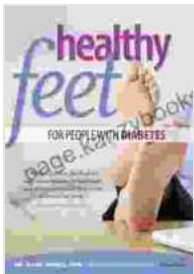


Healthy Feet for People With Diabetes: The Complete Guide to Foot Care

These problems can be serious and even life-threatening if not treated properly.

Nerve damage can cause numbness, tingling, or burning in the feet. It can also make it difficult to feel pain, which can lead to injuries that go unnoticed.

Poor circulation can slow down the healing process and make it more difficult for the body to fight infection.



Healthy Feet for People With Diabetes by Paula Suttan

★★★★☆ 4.1 out of 5

Language : English

File size : 403 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 156 pages

Lending : Enabled

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Foot ulcers are open sores that can develop on the feet of people with diabetes. These ulcers can become infected and lead to serious complications, such as amputation.

The best way to prevent foot problems is to keep your blood sugar under control. This will help to prevent nerve damage and poor circulation. You should also:

- Check your feet every day for any cuts, blisters, or other injuries.
- Wash your feet every day with soap and water.
- Dry your feet thoroughly, especially between the toes.
- Wear clean, dry socks every day.
- Wear shoes that fit well and support your feet.
- Avoid walking barefoot.
- If you have any foot problems, see your doctor right away.

It is important to be able to recognize the signs of foot problems so that you can get treatment right away. These signs include:

- Numbness, tingling, or burning in the feet
- Pain in the feet, especially when walking or standing
- Changes in the color or texture of the skin on the feet
- Swelling in the feet
- Foot ulcers

If you have any of these signs, see your doctor right away.

If you have foot problems, your doctor will recommend the best course of treatment for you. This may include:

- Medications to control blood sugar
- Medications to relieve pain and inflammation
- Surgery to correct foot deformities
- Amputation, in severe cases

Keeping your feet healthy is important for your overall health. By following these tips, you can help to prevent foot problems and keep your feet healthy for life.

Healthy Feet for People With Diabetes is the complete guide to foot care for people with diabetes. This book will teach you how to prevent foot problems, recognize the signs of trouble, and get the treatment you need to keep your feet healthy.

Free Download your copy today and start taking care of your feet!



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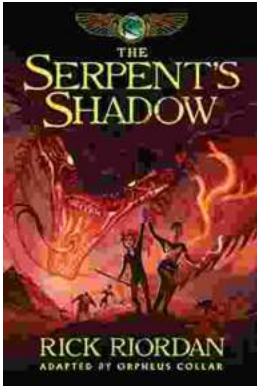
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