



**My wife has diabetes – what extra care should she be taking with her feet?**

**Profoot's Foot Doctor, William Hutchings of the Diss Podiatry and Chiropody Clinic, Norfolk says:**

For people with diabetes, healthy feet are a number one concern – 1% of the UK population has diabetes and 12% of diabetic admissions are due to foot problems – so it is good to take precautions now. Diabetes can cause reduced circulation and a numbing sensation in the feet, leaving people with this condition unable to notice changes in temperature or feel any pain. As a result, foot problems can occur in people with diabetes without them becoming aware of them until it's too late.

Make healthy lifestyle choices to keep your blood sugar levels close to normal as this is a key factor in keeping your feet healthy. Wash and check your feet daily for cuts, swelling or changes to the skins surfaces as this is an early indication of potential problems. Also when removing socks and hosiery check for holes or damp patches which may indicate a problem. You should also protect your feet from extremes in temperature. Ensure good circulation to the feet by not wearing restrictive shoes, tight socks, stockings or tights or crossing your legs for long periods of time.

You also need to ask your chiropodist or doctor to check the sense of feeling and pulses in your feet at least once a year and request for him to tell you immediately if you have serious foot problems. Ask your chiropodist for proper footcare tips – a state registered chiropodist is qualified to perform diabetic foot reviews.