

DIABETES

and YOU!



DIABETES

and your FEET!

ROOT CAUSES OF DIABETES



Heredity

Lack of Vitamin D



Obesity

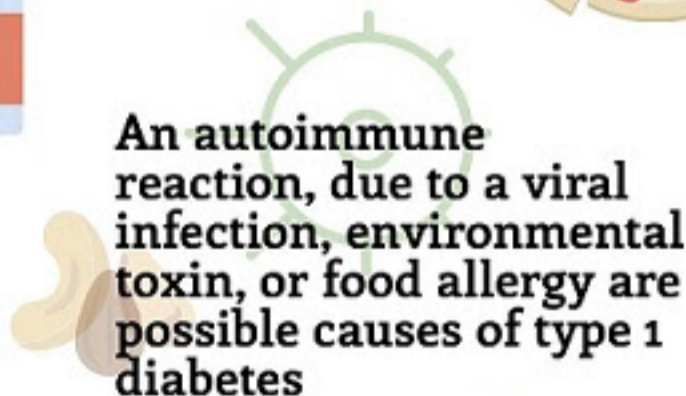
**Chronic stress,
the result:
hormone imbalance**



**A poor diet,
specifically in
type 2 diabetes**



**An autoimmune
reaction, due to a viral
infection, environmental
toxin, or food allergy are
possible causes of type 1
diabetes**



**Nutritional deficiencies,
especially of chromium,
B vitamins, zinc,
vanadium**



1.4 million Americans are diagnosed with diabetes every year.



Diabetes: MYTHS and FACTS

- 1.** Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined.

Having diabetes nearly doubles your chance of having a heart attack.



- 2.** Myth: Eating too much sugar causes diabetes.

Fact: The answer is not so simple.

Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.



- 3.** Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone: low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit.

Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.



- 4.** Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes.

The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.



- 5.** Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.



DIABETES and YOUR FEET!



Some Facts:

Having diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage (neuropathy) and poor circulation.



For those with diabetes, small foot problems can turn into serious complications, including:

- Non-healing ulcers (sores)
- corns
- calluses
- cracked heels
- hammertoes
- bunions
- ingrown toenails

Untreated diabetes can result in other conditions, such as:

DIABETIC PERIPHERAL NEUROPATHY:
Nerve damage caused by chronically high blood sugar and diabetes. It leads to numbness, loss of sensation, and sometimes pain in your feet, legs, or hands.

CHARCOT FOOT:
A deformity that results from nerve damage (neuropathy) in the foot or ankle. The nerve damage causes a loss of sensation that increases the risk of injury to the feet. When the foot is repeatedly injured, the weight-bearing joints start breaking down. Early signs of Charcot foot include redness, swelling, & increased temperature of the foot.

Prevention FIRST!

1.



Make sure your health care provider checks your feet at least once a year,

Your health care provider should also give you a list and explain the do's and don'ts of foot care.



2.

If you wear compression socks or stockings, remember to take off your socks and shoes while you wait for your physical examination.



Call or see your podiatry health care provider if you have cuts or breaks in the skin, or have an ingrown nail.

3.

Also, tell your podiatry health care provider:

- If your foot changes color
- If your foot changes shape,
- If your foot just feels different, for example, becomes less sensitive or hurts.
- If you have corns or calluses, your podiatrist can trim them for you.
- Your podiatrist can trim your toenails if you, if you cannot.



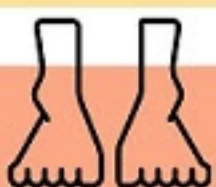
CARING for Your Feet:

There are many things you can do to keep your feet healthy!

1. Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.



2. Check your feet every day.



3. Be more active. Plan your physical activity program with your health team.



4. Wash your feet every day. Dry them carefully, especially between the toes. There are many things you can do to keep your feet healthy.



5. Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes. Read more about skin care.



6. If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.



7. Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.



8. Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.



9. Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time.





10. Don't smoke.



your FEET!

Get started now!

Set a time every day to check your feet.
Begin taking good care of your feet today.

.....

Dallas
PODIATRY
Works

**all
THINGS
FOOT
AND
ankle**

DR. JOEL W. BROOK
DR. DAVID R. NORTHCUTT

888-716-5283
www.dallaspodiatryworks.com