

How can diabetes affect your feet - dramatically

People who have diabetes are at risk of having complications develop, especially if their diabetic control is less than optimal. The complications that affect the feet in particular are:

- lessening or complete absence of sensation under the feet
- a decrease in blood circulation through the arteries and capillaries
- a decrease in range of motion of joints creating pressure areas

When these are combined, a small injury to the foot can have dramatic

implications!

Approx 15% of people with diabetes will have a foot ulceration at some point

in their lives (Palumbo,1985) and of these, almost 20% will require some

amputation. (Pecraro,1990; Larsson,1998)

Everyone who has diabetes should personally check their feet daily for any injury, inflammation or changes and see a podiatrist who is experienced in working with diabetic complications, or their doctor, once or twice a year for a thorough checkup of their feet.