

What can Diabetes Mellitus do to my feet?

Diabetes Mellitus is a chronic disease that affects the lives of 16 million people in the United States, 5.4 million of whom are unaware that they even have the disease. Every day, 2,200 new cases of Diabetes are diagnosed, and an estimated 780,000 new cases are identified each year. The long-term effects of Diabetes, or elevated blood sugar (hyperglycemia), is damage to the...*Feet!!!!*

The Podiatrist is a key part of your Diabetes management, and Dr. Sonia Goyal, at Foot & Ankle Health Center, has documented success in the prevention of amputations, one of the most serious complications of Diabetes.

The key to amputation prevention in diabetic patients is early recognition and regular foot screenings every six months by a qualified Podiatrist.

Dr. Sonia Goyal, at Foot & Ankle Health Center, is uniquely qualified to manage Diabetic patients because Dr. Sonia Goyal has an in depth understanding of Diabetes management and amputation prevention.

She recommends regular checkups every six months, and she says there are certain warning signs that you should be aware of:

- ❖ Skin color changes in the feet
- ❖ Elevation in skin temperature of the foot
- ❖ Swelling, pain, or tingling of the foot or ankle
- ❖ Pain in the legs
- ❖ Open sores on the feet that are slow to heal
- ❖ Ingrown and fungal toenails
- ❖ Bleeding corns and calluses
- ❖ Dry cracks in the skin, especially around the heel

If you have Diabetes already... You should:

- ❖ Wash feet daily.
- ❖ Inspect feet and toes daily.
- ❖ Wear thick, soft socks.
- ❖ Cut toenails straight across.
- ❖ Be properly measured and fitted every time you buy new shoes.

Be careful not to:

- ❖ Go barefoot.
- ❖ Wear high heels, sandals, and shoes with pointed toes.
- ❖ Wear anything that is too tight around the legs.
- ❖ Never try to remove calluses, corns or warts by yourself.

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