



Everything You Should Know About
**DIABETIC
FOOT CARE**



by **Dr. Sherry Lu**

704.834.1639 • www.CltFootCare.com

Introductory Letter

from Dr. Sherry Lu

Dear Friend,

If you suffer from diabetes, then you are likely to be well aware of the many common foot problems associated with this chronic disease. At Charlotte Foot Care Associates, I help many diabetic patients manage the specialized care required for optimal foot health. I recognize that early prevention is the best way to make sure that foot conditions don't progress into something worse. That's why our experienced foot care team recommends that our diabetic patients carefully monitor even common foot problems like calluses, ulcers, and dry skin that can worsen and lead to more serious complications.

As you read this report, you will learn more about diabetic foot care including what symptoms to look for and when you should schedule a screening. I hope you find the information helpful, but if you find yourself with any unanswered questions by the end of this report, feel free to contact a helpful member of my team or me – we will be more than happy to answer any and all your questions. If you have already seen another podiatrist for diabetic foot care, I also invite you to contact me for a second opinion before you make a decision regarding treatment – your health and happiness are our main concern at Charlotte Foot Care Associates.

To your happy, healthy feet,

Dr. Sherry Lu, DPM

P.S. When you are ready to learn more about the specialty diabetic foot health care we offer, call us at 704.834.1639 and request your Charlotte Foot Care Associates New Patient Exam.



How Does Having Diabetes Affect My Feet?

According to a recent report by the Centers for Disease Control and Prevention, about 1.5 million new cases of diabetes are diagnosed in the United States every year. Uncontrolled high blood glucose can damage blood vessels and nerves in many parts of the body and are often first noticed in the legs and feet. That is why monitoring the health of your feet is especially essential if you have diabetes, and seeing a knowledgeable podiatrist on a regular basis is highly recommended.

If you have damaged nerves in your legs and feet, you might not feel heat, cold, or pain. This lack of feeling is called sensory diabetic neuropathy. If you do not notice a cut or sore on your foot because of neuropathy, the affected area could worsen and become infected. In addition, neuropathy can create poor blood flow or changes in the shape of your feet or toes, which may cause additional foot problems.

Symptoms of Diabetic Neuropathy

- Numbness, tingling or burning sensation
- Increased sensitivity to touch
- Abnormal knee and ankle reflex tests
- Reduced ability to feel temperature changes or pain
- Loss of balance and coordination

Podiatrists are highly trained foot specialists who can help diabetic patients manage or prevent related foot issues. If you are currently experiencing any of these symptoms in your feet, we encourage you to make an appointment at our office as soon as possible for a thorough diabetic foot health screening.



When Should a Diabetic Patient See a Podiatrist?

People with diabetes need to pay careful attention to even the most seemingly small or common foot conditions, especially as diabetic neuropathy can reduce your ability to feel pain, cold, or heat. For example, the nerves that control the oil and moisture in your feet can become damaged from prolonged blood sugar levels, causing significant changes in the skin of your foot. As result, your dry skin may be more likely to crack or peel. Another potential foot problem for diabetics can be caused by a simple callus, which may continue to thicken or not heal properly if left untreated.

Both dry skin and calluses – usually fairly insignificant foot conditions for most people – can easily turn into a more complicated problem for someone with diabetes. As the layers of skin break down, an open sore, or ulcer, can form. Because diabetes impacts the body's blood circulation necessary for skin repair, diabetic patients often develop wounds that don't heal and can quickly become infected. That's why diabetic foot health falls under the care and supervision of a foot and ankle specialist. Podiatrists are experts in wound treatment and can provide you the specialized diabetic foot care that you need. If you notice that the skin around your feet and ankles are developing a callus, blister, or dry, patchy skin, we recommend that you call our office right away for a consultation.



What is the Best Diabetic Foot Care for Proper Maintenance & Prevention?

Early prevention is the best way to assure that diabetic-related foot disorders do not progress into something much worse. Our knowledgeable podiatry team recommends that if you have diabetes, routine self-care at home can help you avoid some of the more serious complications.

Here are some tips to help you protect the health of your feet:

- Have your blood glucose levels measured on a regular basis by your regular medical doctor
- Check your feet each time you bathe for any new blisters, cuts, abrasions, redness or swelling
- Properly trim your toenails straight across, or have a professional maintain your nails
- Wear clean socks made from moisture-wicking fabrics to keep your feet dry
- Wash your feet routinely with soap and warm water and be sure that you dry the hard-to-reach area between your toes
- Wear well-fitting shoes that provide adequate support without causing blisters, corns or calluses

If problems do occur, we are here for you, so don't hesitate to call our office for information or to make an appointment for treatment.



What Are the Serious Consequences to Your Feet from Uncontrolled Diabetes?

If you have diabetes, you are at a greater risk for complications occurring in your feet. Because of poor blood circulation, your legs and feet can be severely impacted just by a small scrape or cut. In addition, damaged nerves from high blood sugar levels can lead to neuropathy, which can cause an array of issues to your feet. As a diabetic, for example, you can easily develop an ulcer on the ball of your foot or the bottom of your big toe that may develop into an infection. Left untreated, an infected ulcer is the most common cause of foot amputations due to diabetes. In fact, research indicates that about 73,000 amputations are performed on people with diabetes in the U.S. each year.

Early Treatment is Key!

If you have diabetes, it is important not to wait to seek treatment for your foot condition. Early intervention and treatment of a foot ulcer is the most effective way to prevent more advanced complications and avoid amputation.



Don't Live Your Life in Pain

- Contact Us for an Evaluation

Dear Friend,

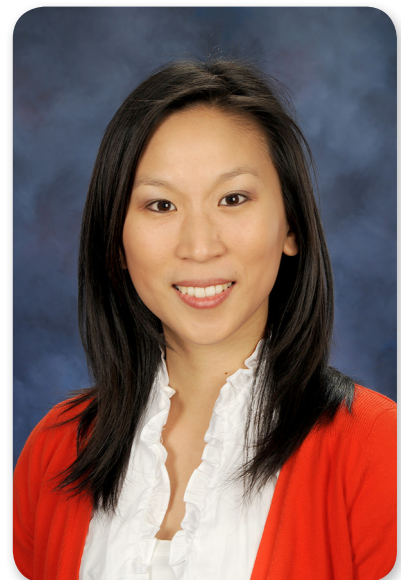
I hope you have found this report on diabetic foot care to be helpful and informative. At this time, I would like to invite you to contact my office with any remaining questions you may have about your foot health or how any foot-related conditions may be affected by having diabetes. No matter what your unique circumstances are, the goal of our friendly, knowledgeable team at Charlotte Foot Care Associates is to provide each and every patient with exceptional treatment and first-rate customer service for all your foot care needs.

I also encourage you to schedule your Charlotte Foot Care Associates New Patient Exam by calling 704.834.1639. Your comprehensive foot consultation is a complete physical exam of podiatry systems, including a muscle & skeletal exam to assess muscle strength, joints, foot structure, and range of motion, a dermatology exam to check for wounds and rashes, a neurological exam for nerve-related foot issues, and a vascular exam to evaluate the circulation of arterial and vein systems.

To your happy, healthy feet,

Dr. Sherry Lu, DPM

P.S. When you are ready to learn more about diabetic foot care for yourself or a loved one, call us at 704.834.1639 to request your Charlotte Foot Care Associates New Patient Exam.





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