

## Choosing Proper Footwear

- ✓ Look inside your shoes every day for objects like gravel or torn linings. These could rub against your feet and cause blisters or sores.
- ✓ Choose shoes with adjustable velcro straps or lace with a firm counter heel.
- ✓ Avoid high-heeled shoes and shoes with pointed toes.
- ✓ Don't wear tight shoes that rub or cut into your feet.
- ✓ Shop for new shoes at the end of the day when your feet are a little swollen.
- ✓ There should be a space of 1cm between your toes and the front end of the shoe; you should be able to WIGGLE YOUR TOES in your shoes
- ✓ Break in new shoes slowly by wearing them for no more than half an hour a day for several days.



**Stop Diabetes  
from knocking  
You Off  
Your Feet**

# Take Control of your Diabetes!!

## UNDERSTAND DIABETES TO LIVE A FULFILLING LIFE

For more information contact the following centres:

Diabetes Hub Centre (Suva)  
325 Waimanu Road,  
Phone: (679) 3215 206/3215 370  
Fax: (679) 3307 213

Diabetes Hub Centre (Lautoka)  
Lautoka Hospital  
Phone: (679) 6660 399

Diabetes Hub Centre (Labasa)  
Labasa Hospital  
Phone: (679) 8811 444

**Or your nearest health provider.**



# DIABETES MELLITUS and FOOT CARE



# ACT NOW!!

**In Fiji, a person with Diabetes Mellitus loses a foot from untreated infections every 12.5 hours.**



**Have you checked your feet and blood sugar today??**

## How does Diabetes affect my feet?

High blood sugar levels can damage the nerves and blood vessels in your feet making you vulnerable to infections.

Damage to your nerves results in:

- sharp needle like pain followed by burning pain and eventually numbness.
- loss of normal foot structure
- dryness of the skin



Damage to the blood vessels may result in limited supply of blood to the feet. This can delay wound healing.



## Daily Foot Care



1. Wash you feet thoroughly
2. Dry your feet well especially between the toes
3. Apply oil or cream to your feet (not between toes)
4. Never walk barefoot
5. Wear shoes that fit well (indoors/outdoors)
6. Check your feet for sores, cuts, blisters or redness

ALSO:

- DO NOT soak your feet in hot water
- Cut toe nails straight across to avoid ingrown nails.
- File the edges of your nails carefully

Report any changes in how your feet look or feel to your Health Provider.

**TAKE CARE OF YOUR FEET AS YOU  
TAKE CARE OF YOUR FACE**