

IPRO Healthy *Insights*

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HEALTH
INFORMATION
FOR NEW YORK
STATE RESIDENTS



Better healthcare,
realized.

Love Your Feet

Healthy feet are happy feet. Some of us don't pay much attention to taking care of our feet, but foot issues could be the basis of major health problems, especially for those with diabetes.

*52 bones, 66 joints,
200+ tendons,
muscles and
ligaments...*

*Not to mention
the 500,000
sweat glands!*



People with diabetes are more likely to have neuropathy (weakness, numbness, and pain from nerve damage, commonly in hands and feet). This is due to peripheral vascular disease, a condition caused by narrowed blood vessels that reduce blood flow to the limbs. If you suffer from diabetes here is an easy-to-follow guide to help you keep your feet healthy.

Three Steps to Healthy Feet

1. Look.

- Every day check your feet for cuts, blisters, red spots, ingrown toenails and swelling. If you can't look at your feet, use a mirror or ask someone to help you look. Make this a habit after your morning shower or at night before bed, after you have removed shoes and socks.
- See your doctor right away if you notice any sores.

2. Love.

- Keep your blood sugar under control. This can help prevent or at least slow nerve damage.
- Keep your feet clean by washing with soap and warm

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IPRO Healthy Insights is authored by Dr. Clare Bradley, IPRO's Senior Vice President/Chief Medical Officer, and a nationally recognized public health advocate.

IPRO is a non-profit organization that works with government agencies, providers and patients to measure and improve healthcare for all. For over 30 years we've made creative use of clinical expertise, emerging technology and data solutions to make the healthcare system work better.

For more information about IPRO, please visit our website <http://ipro.org>.

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water, and carefully drying between the toes.

- Moisturize tops and bottoms of your feet daily (do not put lotion between toes).
- Trim toenails regularly. If you cannot see, feel or reach your feet; if your toenails are thick, yellow, or curve and grow into your skin, have a doctor trim your toenails.
- Wear closed-toe shoes and socks or stockings. Wear socks that do not have seams, and that are not too tight. Check inside your shoes before putting them on.
- Never wear flip-flops or walk barefoot.
- Protect feet from hot and cold.
- When you are seated, keep the blood flowing in your legs by not crossing your legs. Activity will also help keep the blood flowing. To increase your activity, try walking, swimming, or dancing.
- Don't smoke.

3. Show.

- Be sure to take your shoes AND socks off EVERY time you visit your doctor.
- Keep up with a yearly podiatrist visit. (Medicare pays for regular visits to a podiatrist that include a check-up and grooming.)

The Love Your Feet Campaign is part of the Everyone with Diabetes Counts (EDC) Initiative



Everyone with Diabetes Counts

It's important that patients and families actively participate in their health and healthcare. Studies have shown that more involved patients are more satisfied. One possible reason is that involved patients feel more in control; they understand their condition and make decisions to do what they can to be healthier.

EDC is a program for people with diabetes and pre-diabetes that provides tools to help them manage their disease and stay as healthy as possible. Through fun and interactive workshops the program offers suggestions about ways to live a satisfying life with diabetes. Workshop topics also include how to talk to your doctors, important things to know about medications, how to prepare tasty and healthy meals, simple exercises that anyone can do, and the importance of proper foot care.

For more information visit

www.apma.org or www.diabetes.org

To find out about EDC workshops in your area, call **800-671-1841**.

"The most important thing I learned in these workshops was how to take care of my feet. I wish I knew about these workshops before I had my pinky (toe) amputated. I was walking around for so many months with a toy soldier inside my shoe. I didn't know about it, and I didn't feel anything. Then, when I went to the doctor, my toe was infected and needed to be amputated. Who thought that a simple thing like checking my shoes... could have saved my toe? I am grateful it was just the toe though!"



— Patient Participating in EDC program in Queens, NY



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