



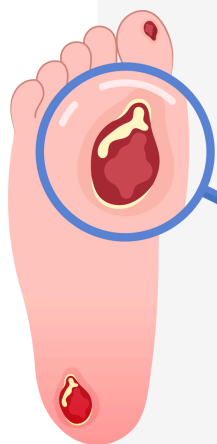
# complications of diabetes: diabetic foot

## what is diabetic foot?

diabetics are at an increased risk of developing serious complications such as foot related complications

## signs and symptoms

numbness, changes in skin and toenail colour, swelling, blisters, calluses or open sores.



## what is it a result of?

primarily arises as a result of two main complications of diabetes caused by **persistently high blood sugar levels**:

- neuropathy (nerve damage)
- peripheral vascular disease (poor circulation)

## other contributing factors include

- infections
- poor foot care

## patient education

- guidance on daily **foot care** routines, including washing and moisturising.
- information on choosing appropriate **footwear**
- how to **inspect feet regularly** for injuries or abnormalities.

diabetics should have a foot check once a year as part of their **diabetes annual review**. a sensory, visual and pulse assessment is involved.

neuropathy in diabetes cause a **loss of sensation** in the feet, making it difficult to detect injuries, **leading to untreated wounds and increasing the risk of ulcers and infections**

## why are pharmacists advised not to sell OTC products for diabetic foot problems?

diabetic patients may misdiagnose foot issues such as ulcers or infections, mistaking them for minor conditions like verrucas. proper medical assessment is necessary to avoid complications

