

Foot complications

Foot complications arise because of damage to the blood vessels and nerves that supply the foot. Foot complications are the leading cause of lower limb amputations among persons with type 2 diabetes. This makes it important to avoid foot complications

Common foot complications are

- Pain and numbness of feet
- Change in color of feet
- Wounds that take very long time to heal (foot ulcers)
- Foot infections like athlete's foot
- Other foot deformations such as charcot joints, bunions, calluses, etc)

Preventing foot ulcers

- Monitor and control blood sugar very well
- Avoid smoking
- Monitor and control blood pressure very well
- Wear comfortable shoes
- Never walk around without shoes
- Don't use sharp objects, hot water/objects, or corrosive agents on the feet
- Use an emery board instead of nail files or nail cutters to trim toe nails
- Inspect foot every day
- Wash feet very well including in between the toes
- Keep feet well moisturized
- Report corns, calluses, and injuries to the doctor as soon as you notice them
- Put feet up when sitting and do not cross legs for long periods of time.

At every visit to the doctor, a foot examination should be conducted as follows:

- Remove shoes and socks and inspect feet in a well-lit room
- Check for the presence of calluses, nail abnormalities, and foot abnormalities.
- Take foot temperature.
- Check for pulses in the lower legs and feet.