

Mayo Clinic Minute

5 steps to diabetic foot care

Video	Audio
Vivien Williams	Your feet work hard everyday. People with diabetes should be vigilant about proper foot care.
Elizabeth Cozine, M.D. Family medicine Mayo Clinic	“Foot care is really important for people with diabetes because of the risk of a diabetic foot infection, which typically starts with a peripheral neuropathy.”
Vivien Williams	Mayo Clinic Dr. Elizabeth Cozine says peripheral neuropathy is a common complication of diabetes. It means nerves in the foot are damaged, and people can’t feel pain. Some diabetics also have poor blood flow to the feet, which slows healing.
Elizabeth Cozine, M.D.	“So, if they have a minor injury, there’s a possibility of it turning into a major injury or infection.”
Vivien Williams	The following five tips can help people with diabetes keep their feet healthy: inspect and wash you feet daily; be careful when you trim nails; wear properly fitting shoes; don’t go barefoot; and take steps to manage your diabetes by eating right, exercising, monitoring blood sugar and regularly taking your medications. And if you do notice any soars on your feet, act fast, and see your health care provider. For the Mayo Clinic news Network, I’m Vivien Williams.