

Diabetes and Your Feet



Who we are

NADA is a not-for-profit members-led organization established in 1995 as a result of the rising rates of diabetes among First Nations, Inuit and Métis Peoples in Canada

The National Aboriginal Diabetes Association envisions Diabetes-free healthy communities



Our Vision

- 2016 NADA BoD Strategic Planning Session -

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To achieve this vision the National Aboriginal Diabetes Association will be an open, independent, grassroots prominent organization that is the driving force in:

- Raising awareness about diabetes and First Nations, Inuit and Métis Peoples in Canada
- Advocating for programs and services for First Nations, Inuit and Métis Peoples affected by diabetes
- Promoting healthy lifestyles to prevent the onset or complications of diabetes for First Nations, Inuit and Métis Peoples

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Presentation Objectives



Overview

Diabetic
Neuropathy

Periphery
Artery
Disease
(PAD)

When to
See a
Health
Care
Provider

Taking
Care of
Your Feet

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Overview

- Diabetes can often cause foot problems because of two complications:
 - Nerve Damage (Diabetic Neuropathy)
 - Poor Circulation (Peripheral Artery Disease)



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Diabetic Neuropathy: What is it?



- Diabetic neuropathy is nerve damage that can occur with chronically high blood sugar
 - High blood sugar can injure nerves throughout the body but it most often damages the nerves in the legs and feet.
- Prevention of diabetic neuropathy includes keep blood sugars under control

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Diabetic Neuropathy: Risk Factors

- If you have diabetes there are the risk factors for developing nerve damage (neuropathy):
 - High blood sugar levels
 - Length of time you have diabetes
 - Kidney disease
 - Being overweight
 - Smoking
 - High blood pressure
 - High cholesterol



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Diabetic Neuropathy: Symptoms

- Symptoms of nerve damage include:
 - Numbness or reduced ability to feel pain or temperature changes
 - Tingling or burning sensations
 - Sharp pains or cramps
 - Increased sensitivity to touch- for some even the weight of a bed sheet can be painful
 - Muscle weakness
 - Loss of reflexes- especially in the ankle
 - Loss of balance and coordination
 - Serious foot problems (ulcers, infections, bone and joint pain)



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Diabetic Neuropathy: Complications



- Loss of feeling of pain, touch, heat or cold
- Poor circulation
- Urinary tract infections
- Digestive problems
- Sexual dysfunction
- Change in shape of the foot: thicker toenails, ingrown toenails, dry and cracked skin, corns and calluses.

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Diabetic Neuropathy: Prevention of complications

- Blood sugar control
- Medications: some that act on the nerves can be helpful
- Foot care: taking good care of your feet can prevent many complications



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Poor Circulation (Peripheral Artery Disease): Introduction

- Poor circulations can make your foot less able to fight infection and to heal
- Diabetes can cause the blood vessels of your foot and leg to narrow and harden



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Poor Circulation (Peripheral Artery Disease): Symptoms

- Leg numbness or weakness
- Coldness in lower leg or foot
- Sores on leg or toes that do not heal
- Hair loss or slower hair growth on legs
- Shiny skin on legs



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Poor Circulation (PAD): Symptoms



- Painful cramping in hip, thigh or calf muscles after activities, such as walking or climbing stairs
- Change in colour of legs
- No pulse or a weak pulse in legs or feet.



Poor Circulation (PAD): Risk Factors

- Smoking
- Diabetes
- Obesity
- High Blood Pressure
- High Cholesterol
- Increasing Age
- Family History of Peripheral Artery Disease



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Poor Circulation: Prevention

- Exercise: work with your health care provider to get on a walking plan.
- Quit smoking
- Keep blood pressure under control with help from a health care provider



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When to See a Health Care Provider

- Seek medical care if:
 - A cut or sore on your foot does not heal, is infected or getting worse
 - Burning, tingling, weakness or pain in your hands or feet interferes with daily routine, or sleep
 - You experience dizziness
 - You have changes in your digestion, urination or sexual function



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Taking Care of Your Feet: Daily Care

- Wash feet in warm water, using mild soap. Don't soak.
- Check for cuts, ingrown toenails, blisters, etc.
- Wash cuts and scratches with mild soap and water and cover with dry dressing for sensitive skin
- Trim toenails straight across and file sharp edges



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Taking Care of Your Feet: Daily Care



- Dry feet gently using patting motions
- Trim toenails straight across and file any sharp edges
- Apply unscented lotion to feet avoiding areas between the toes where moisture can collect.
- Wear fresh clean socks and well-fitting shoes every day. White socks will help you see any blood from cuts or scratches.

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Taking Care of Your Feet: Do's

○ Do:

- Wear well fitting shoes that have support, low heels, and do not rub or pinch
- Buy shoes in the late afternoon because your feet will swell by then
- Wear socks at night if your feet get cold
- Elevate feet when sitting
- Wiggle toes and move ankles for a few minutes, several times a day
- Exercise regularly
- Inspect feet daily



Taking Care of Your Feet: Don'ts

- Don't
 - Use over the counter medications to treat corns and warts
 - Wear tight socks or knee highs
 - Go barefoot, even indoors
 - Use hot water bottles or heating pads on your feet
 - Sit or cross legs for long periods of time
 - Smoke
 - Wear over the counter insoles as they could cause blisters if they are not right for your feet.



Resources

- Foot Care Nurses Directory: <http://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-foot-care-nursing-services.php>
- NorWest Co-op Community Health: Foot Care Clinic: <http://www.norwestcoop.ca/your-health/foot-care/>
- DIP: Diabetes Integration Project: <https://web.archive.org/web/20160306011817/http://diabetesintegrationproject.ca/>
 - Offers mobile diabetes screening by specially trained nurses for the ‘finger stick’ blood testing of patients for hemoglobin A1c, lipids, glucose and urine testing.
 - To book and enquire about services in your area:
 - (204) 956-7174

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Thank You!



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