



Type 2 Diabetes and your feet!

What is Type 2 Diabetes?

Type 2 diabetes is a condition in which your pancreas no longer produces enough insulin to meet the requirements of your body. As the human body requires insulin to transport sugar into your cells, diabetes is associated with high blood sugar levels (hyperglycaemia) and can have several detrimental effects on your body.



How can diabetes effect your feet?

- a) **Nerve damage:** Variable blood sugar levels over a long period of time will damage the nerve supply to your lower limbs & feet. This will eventually lead to a condition known as peripheral neuropathy (loss of protective sensation under feet- UNABLE TO FEEL).
- b) **Reduced bloody supply:** Poorly controlled diabetes will eventually result in decreased circulation to your feet. This is known as Peripheral Vascular Disease (PVD) and predisposes patients to infection following a break/cut in your skin and slow healing of wounds.
- c) **Ulcers:** The combination of the neuropathy & PVD predispose people to diabetic foot ulcers which left untreated can result in severe infections and lower limb amputation.

What can you do to prevent these conditions from occurring?

- Be aware of your foot and leg health status, it will progressively change depending on your condition
- Regularly visit your Podiatrist for a general foot check-up (frequency of visits depends on your risk status – this will be highlighted at your first consultation.
- Maintain a healthy diet to reduce blood sugar levels – consult your dietician for diet plans.
- Conduct daily foot checks. (if you notice any cuts/bruises, consult your Podiatrist immediately).
- Avoid tight fitting footwear.
- Clean, dry and moisturise feet daily.

How Podiatry Mackay can help:

The Podiatrists at Podiatry Mackay are passionate about providing diabetic patients with the highest level of care and management available. We conduct regular diabetic foot assessments that test the nerve and blood supply to your lower limbs, whilst lowering your risk status through providing regular general Podiatric care. We also place particular focus on having a close working relationship with your GP to keep them informed of the current condition of your feet.