

References:

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Diabetic Foot Care

Diabetic Foot Care

Diabetes can affect your feet insidiously, patients may not even be aware of the gradual changes to the feet. Due to the loss of foot protective sensation, early problems such as infections and ulcers are left undetected which can lead to serious complications.

Foot treatment services can provide professional foot care education for people with diabetes. Also, regular diabetic foot check-up can help reduce the risk of developing serious diabetic foot-related complications.

Diabetes-related foot examination involves:

1. Assessment of your feet's protective sensation
2. Assessment of the lower limb blood circulation status
3. Examination of the skin and nail conditions of your feet
4. Assessment of the foot structure and related changes
5. Advice on footwear and general foot care

According to the UK national clinical guideline on Type 2 diabetes prevention and management of foot problems (please refer to the table on the right), patients with diabetes are recommended to have their foot checked at least once a year and patients with foot complications should undergo follow-up regularly.

UK National Clinical Guideline on Prevention and Management of Type 2 Diabetes Foot Problems

	Low-Risk Foot	Increased-Risk Foot	High-Risk Foot	Ulcerated Foot
Examination Results	Normal sensation and palpable pulses	Neuropathy, absent pulses or other risk factors	Neuropathy or absent pulses + Deformity, skin changes or previous ulcer	With serious ulcers
Recommendations	Annual review	Regular review (every 3 to 6 months)	Frequent review (every 1 to 3 months)	Seek medical help immediately

If you have the following problems with your feet, please consult your doctors or podiatrists for a foot check-up.

Skin and Toenail Changes

- Difficulty in trimming your toenail
- Formation of foot callus
- Pain or skin inflammation at the side of the toenail
- Toenail deformity
- Sign of fungal foot infection
- Non-healing foot wound

Changes in Foot Shape, Sensation and Function

- Foot pain
- Abnormal foot shape / foot deformity
- Changes in color or temperature of the foot skin
- Cold feet
- Muscle weakness and decrease in size
- Numbness at the feet or toes
- Muscle fatigue, cramp or aching at the lower limb muscle after exercise which have to be relieved by rest for 10 minutes
- Unexplained foot swelling or redness
- Decrease in body hair at the legs or feet

Previous History

- History of foot ulceration
- History of foot or partial foot amputation