

Diabetes and Protecting Fragile Feet



If you have diabetes and are headed to the beach for some outdoor fun, don't forget to take your water shoes. When playing on the beach or out in the water have on some beach shoes. Never be tempted to go barefoot. Manufacturers now make all kinds of water shoes that have a good sturdy bottom, with closed toes that allow water to pass through them and breathe. Some come in really bright, vibrant colors. You can protect your feet and still look good. Never risk walking even short distances barefoot. Remember hot sand and feet that have lost sensation can be a detrimental combination. Keep tops of feet coated with a high SPF sunscreen. Reapply often, especially after being in the water.

While sitting in your nice, comfy beach chair, wiggle those toes and flex your ankles up and down several times throughout the day to keep your circulation flowing.

If you will be sightseeing later, grab shoes with good support and that fit well. At the end of each day, look at your feet; check the top, bottom and in-between each toe. Even small scratches can open the door for infection. Small problems may not heal well and can develop into much more problematic issues. Identifying small problems quickly can prevent major issues on down the road.

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