

# CIAMPA APOTHECARY NEWSLETTER

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## **Diabetes Complication: Diabetic Foot**

### **What is Diabetic Foot?**

Diabetic Foot is one of the many complications that can be caused by uncontrolled diabetes. Diabetes is a chronic illness divided into 2 classifications: Type 1 Diabetes and Type 2 Diabetes which results in increased blood glucose due to a complete or impaired deficiency of insulin. Diabetes negatively affects feet due to nerve damage and poor blood flow. Nerve damage can cause lack of feeling in your feet leading to unrecognized cuts resulting in sores, ulcers, and infections. Poor blood flow results in a decreased circulation of blood to your feet causing impaired healing of cuts, sores, and infections. In order to promote proper foot health, follow the guide below.

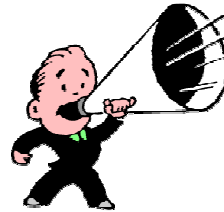
### **7 Steps to Good Foot Care**

1. Proper diabetic control: Keep your blood sugar levels within normal range.
2. Check your feet daily: Look for cuts, sores, infections, and swelling.
3. Wash your feet daily in warm water. After washing your feet, dry them well, especially between the toes.
4. Take proper care of your feet: Apply lotion to dry skin, file down corns and calluses, and cut toenails at least once a week.
5. Get your doctor involved. It is recommended that your doctor should perform a yearly foot exam. Inform your physician of serious problems when they arise.



6. Good circulation to your feet is important. Elevate your feet when sitting and avoid crossing your legs for long periods of time. Restrictive footwear and tight socks can decrease circulation to your feet.

7. Keep your feet protected by wearing shoes and socks at all times. It is recommended to wear seamless socks, stockings, or nylons with your shoes. Make sure your shoes fit properly.



**Have You Heard?**



### **What We Offer**

Ciampa Apothecary currently has the iStep. iStep is a product produced by Aetrex to accurately examine your feet and recommend appropriate footwear specific to you. iStep determines the “3 Essentials” of your feet:

- ❖ Shoe Size
- ❖ Arch Type (low, medium, high)
- ❖ Pressure Points

After determining these 3 key components, the product recommends a variety of footwear and orthotic products tailored to your foot needs. This can be beneficial for diabetic patients since they are at an increased risk of foot complications. Having a properly sized and supportive shoe can increase blood flow, decrease corn and callus development, and decrease pain due to pressure points.

**Come in for your free iStep evaluation!**

**Mallery Ruddy and Brent Sabacek: 2012 Pharm.D. Candidates**

Massachusetts College of Pharmacy and Health Sciences

*This information is not intended to replace the advice of your doctor. Ciampa Apothecary disclaims any liability for the decisions you make based on this information*