**Gluleaves**

English

* What is Diabetic Foot?
* Foot pain, ulcers or gangrene due to ischemia, neuropathy, and infection caused by diabetes
* The heel, toe bones and weight-bearing areas of the foot are the most common sites of lesions,
* 4 million diabetic patients worldwide develop diabetic foot ulcers each year, and every 20 seconds a diabetic patient's leg is amputated because the diabetic foot ulcer wound fails to heal
* Why is it difficult to heal a diabetic foot?
* High blood sugar, causing degeneration and necrosis of blood vessels and nerves
* Malnutrition and low immunity, resulting in a wound that is prone to infection
* Patients are often elderly, with a past medical history, and do not pay attention to foot care
* What diabetic foot precursors to watch out for? (for diabetics)
* Numbness and tingling in the lower limbs, a feeling of stepping on cotton on the soles of the feet, intermittent pain in the lower limbs when walking, pain at night
* Cold feet, darkened skin, hyperpigmentation
* Sluggish or no sensation in the foot
* How to keep away from diabetic foot?
* Control blood sugar to prevent hyperglycemia, hyperlipidemia and hypertension
* Quit smoking and drinking, eat a reasonable diet, ensure vitamin, mineral and protein intake
* Daily foot exercises for 30~60 minutes, such as leg shaking, heel lifting, ankle pump, squatting
* Wash your feet for 5~10 minutes daily with warm water below 37℃, and gently dry with a light-colored, soft-textured towel
* Massage the feet and lower limbs with the palm of the hand from the toe for 3 to 5 minutes
* Select appropriate footwear, breathable, no protruding seams
* Cut the toenails flat and blunt the sides of the toenails to prevent scraping of the feet
* Patients who have narrowed or occluded blood vessels in the lower extremities are advised to be examined every 3 months.
* How to deal with diabetic foot?
* Seek medical attention promptly, dress the wound, and keep the wound dressing clean
* Devices such as decompression shoes can be used to avoid wound pressure