



## 4400

You may be wondering what the '4400' is on the title of this article. It is the number of amputations that happen yearly in Australia due to diabetic complications.

That is a scary number isn't it. And the sad fact is this is growing every year. A number of years ago, I attended a podiatry conference in the United States, where they said that in 2000, they predicted there would be 17million diabetic patients by 2020. This was in 2008, and they had already hit that target by 2005. Currently there are 29 million diabetics in the United States, but

they estimate there are about 8 million people who are undiagnosed.

Why am I scaring you with these figures? Unfortunately, Australia is following this lead. We have approximately 1.2 million diabetics in Australia, and again approximately 300,000 undiagnosed people have the disease.

You may have seen a lot of advertising about this problem over the past few weeks, and foot health is one of the most important issues with diabetic people. So, if you are diabetic, or know someone who is, **please** make sure they have an annual foot health check. You may save their limbs, or life.

## The Importance of Diabetic Foot Care Part 1

Diabetes can be dangerous to your feet. To avoid serious foot problems, follow these tips:

- ✓ **Inspect your feet daily.** Check for cuts, blisters, redness, swelling, bleeding or nail problems. Use a magnifying hand mirror to look at the bottom of your feet (if your eyesight is poor, ask someone to check your feet for you). Call our clinic to schedule an appointment if you notice any unusual symptoms.
- ✓ **Wash your feet in lukewarm water.** Keep your feet clean by washing them daily in lukewarm, not hot, water, and use a mild soap. If you have numbness in your toes or feet, test the water temperature with your elbow.
- ✓ **Cut nails carefully and straight across.** Don't cut nails too short this could cause ingrown toenails. Also file nail edges.
- ✓ **Never trim corns or calluses.** Don't perform 'bathroom surgery'

### Weird Facts

- The male fox will mate for life. If the female dies he remains single til death
- There are more than twice as many kangaroos as people in Australia
- A tightrope walker is called a funambulist

**"If you can dream it,  
you can do it."**

**Walt Disney**





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*"At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!"*

## The Importance of Diabetic Foot Care Part 2



Continued from first page:

Let your Podiatrist do the job. Don't use sharp instruments to cut at anything on your feet. Even small cuts can lead to a big problem.

- ✓ **Moisturise your feet.** Use a moisturiser daily to keep dry skin from itching or cracking. However, do not use a moisturiser between your toes, as this could lead to a fungal infection
- ✓ **Wear socks to bed.** If your feet get cold at night, wear thin socks without tight elastic bands. Never use a heating pad or a hot water bottle to keep your feet warm to bed. Cold feet can be a sign of poor circulation – bring this up with your Podiatrist or General Practitioner.
- ✓ **Keep your feet warm and dry.** Don't let your feet wet in the rain. Wear warm socks and shoes in winter, and thin socks and shoes in summer, not THONGS!.
- ✓ **Shake out your shoes before wearing.** You may not always feel something in your shoe, so be sure to look before putting them on. Do this a few times a day in case you pick something up inside your shoe during the day.
- ✓ **Get regular checkup at our clinic.** We can help prevent diabetic foot complications before they start.

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