

DIABETES AND YOUR FEET

Diabetes is the leading cause of non-traumatic lower extremity amputations in the USA.

People with diabetes are at greater risk of complications, such as **diabetic neuropathy** and peripheral vascular diseases, which can ultimately lead to a foot ulcer. A foot ulcer is a very serious complication. In fact, 85% of patients who lost a limb had a foot ulcer first.

Though a **diabetes-related foot ulcer** can be anywhere on the foot, most occur on the ball of the foot or on the bottom of the toes. Once you develop an ulcer, it may take weeks or even months for it to heal.


Symptoms

You may be at risk for a foot ulcer if you have one or more of the following signs:

- Lack of sensation (feeling) in your feet
- Feeling of “pins and needles” in your feet
- Feet that hurt while walking or resting
- Stains on socks or shoes
- Sores that do not heal
- Skin on your feet becomes thick, dry or scaly
- Calluses on the feet or toes

Neuropathy is a loss of feeling or numbness in limbs caused by nerve damage that most commonly originates in the hands or feet.

20-35% OF PEOPLE WITH DIABETES DEVELOP A FOOT SORE OR ULCER.




RISK FACTORS

- | | |
|------------------------|----------------|
| + Elevated blood sugar | + Hypertension |
| + Hypothyroidism | + Alcohol use |
| + Obesity | + Smoking |

Early intervention and proper treatment can help prevent complications and reduce your risk of amputation.

82%
LOWERED RISK
OF AMPUTATION



<https://pubmed.ncbi.nlm.nih.gov/36548709/>
<https://diabetes.org/about-us/statistics/about-diabetes>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7919962/>