

A Guide for Patients and Families

# How Diabetes affects the Feet



## Taking care of your feet for life

This booklet is for you on how to care for your feet. Even if you are diagnosed with diabetes for some time, you will still find useful tips on how to care for your feet.

Would you want to learn more about preventing getting foot problems that can lead to a loss of toe, foot, or leg?

## What are your concerns about diabetes and your feet?



People with diabetes are 20 times more likely to have amputation



There are 1500 diabetes related amputations yearly in Singapore



Numbness of the feet affects daily activities



Not being able to feel makes me at risk of getting foot injury without knowing



Having a foot wound affects my work and ability to move around

## Are you worried about your feet?



☐ Not at all



☐ Worry



☐ Very Worry

# Simple understanding of how Diabetes affect the feet:

## Why is it important to care for the foot in diabetes?

Poorly controlled diabetes may result in **poor blood circulation** and **loss of sensation**.

### Implications



#### Loss of Sensation:

You may feel numbness or feeling less or not pain when there is an injury/cut



#### Poor blood flow:

Delayed or non-healing wounds, as well as gangrene



High risk of infection and amputation when problems are **not addressed early**  
Seek help early



**WATCH VIDEO**

Tap or scan QR code to watch "How Diabetes Affect the Foot"



**Would you want to learn more about preventing getting foot problems that can lead to a loss of toe, foot, or leg?**

We have prepared a series of foot care materials for you on how to care for your feet. Even if you are diagnosed with diabetes for some time, you will still find useful tips on how to care for your feet.

Let us embark on a journey of taking care of your feet for life!

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