

## Foot Complications

Patients with diabetes may have foot problems. These problems may lead to serious complications and are often the result of nerve damage. Other challenges may include poor blood circulation and changes in the shape of the feet.

### Poor Circulation

Diabetes can cause blood vessels in the foot and leg to narrow and harden. This leads to poor circulation and may make it more difficult for your foot to heal or fight infection. Your feet may feel cold and you may want to warm them.



You might get a foot injury and be unaware of it.

### Calluses

Calluses appear more frequently and build up faster on the feet of patients with diabetes. This is the result of high-pressure areas under the foot. You may need therapeutic shoes or inserts if calluses build up too much.

- Do not cut calluses or corns yourself. This may cause ulcers and infection.
- Do not try to remove calluses and corns with chemical agents. These agents may burn your skin.

### Skin Changes

Diabetes may cause your feet to become very dry. This is because the nerves that manage oil and moisture in your feet are no longer working. It is important to moisturize after bathing. Dry your feet and apply a thin layer of petroleum jelly, an unscented hand cream, or a similar product to seal in the moisture from your bath.

### Nerve Damage or Neuropathy

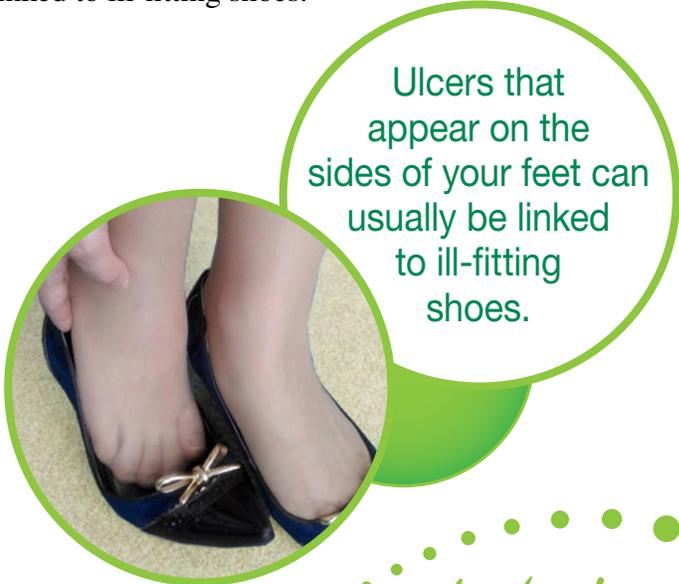
Nerve damage makes it difficult to feel pain, heat, and cold. Nerve damage may also cause the shape of your feet to change. Your health care provider may suggest that you get special therapeutic shoes to ease any discomfort you may have from your nerve pain.

### Amputation

Amputations of the foot or leg are more common in people with diabetes than with people who don't have diabetes. Patients with diabetes may have peripheral arterial disease (PAD), which limits blood flow to the feet.

### Foot Ulcers

Foot ulcers are most prevalent on the ball of the foot or the bottom of the big toe. If you develop ulcers, you should see your health care provider, even if there is no pain. Infections can develop from neglect of ulcers, which can lead to the loss of a limb. Ulcers that appear on the sides of your feet can usually be linked to ill-fitting shoes.



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