



Putting her Best Foot Forward

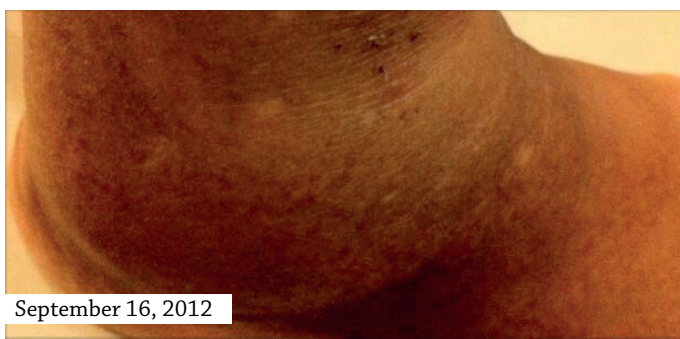
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I was diagnosed with type II diabetes when I was 43 years old. I am now 69, and first noticed a darkening of the skin around my right foot seven years ago. Worried, I consulted my doctor and was shocked to learn that the problem would in all likelihood get worse and develop into a full-blown wound.

My friends, noticing the change to my foot, joked that I could do with washing it better. To them, it had the look of being covered with dirt. Needless to say, all their jibing made me even more worried as no matter what I tried, the patch of dark skin surrounding my right foot continued to spread and darken even further.

The doctor explained that the problem was most likely due to poor blood circulation, a direct result of my diabetic symptoms. The collagen and glycerine lotion helped tremendously and within one month, my skin began to revert to its original colour. Though I finished my treatment in September 2012, I still see my doctor for regular follow-ups. I also continue applying the lotion to my feet to ensure the problem does not recur. Between that and maintaining a low-sodium diet, I have my diabetes condition more or less in hand now.

My advice to all patients with diabetes-related foot problems is to not delay seeking treatment. Consistently using the prescribed lotion has worked wonders in reversing my condition. Remember to follow your doctor's instructions for the most effective outcome!



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THE DIABETIC'S GUIDE TO PREVENTING FOOT PROBLEMS

Instead of waiting for the worst to happen, follow these simple tips for happier legs and feet!

DO monitor your blood glucose levels daily and follow your doctor's advice regarding the proper diet, exercise and medication regimen for your age group and condition.

DON'T walk around barefoot, even around your own home. When leaving the house, opt for close-toed shoes and slippers. When choosing shoes, opt for ones made of canvas or leather.

DO wear socks and stockings that are elastic and fit well. Cotton socks are best as the material allows the feet to 'breathe'.

DON'T smoke. Smoking disrupts blood

circulation which is a core problem if you are diabetic.

DO wash your feet in warm water and a mild antibacterial solution daily. Make sure to towel them off well, and keep the area between the toes dry to prevent fungal infections.

DON'T delay seeking medical attention if you notice lesions, blisters or other skin problems. These include:

- Changes in skin colour
- Changes in skin temperature
- Slow-to-heal sores, blisters or ulcers
- Unusual and/or persistent foot odour

DO see a podiatrist once every few months for a check-up even if you don't have foot problems.

DON'T remain sedentary or inactive for

extended periods of time. Even doing simple things like putting your feet up while sitting, wiggling your toes and rotating your feet at the ankle helps improve blood circulation.

DO keep dry feet and legs moisturised with a good quality lotion. Check with your doctor to find out which product is most suitable for you.

References:

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