

The Foot Health & Rehabilitation Clinic

LG Floor, Sunway Medical's Rehab Medicine Department.

Tuesday and Friday: 8.30am to 5.00pm

Saturday: 8.30am to 1.00pm

The clinic is for:

- Infections
- In growing toenails
- Diabetic foot complications e.g. ulcers/sores, loss of sensation and early detection of complications
- Cuts and scratches
- Diabetics for preventive purposes/education
- Non-diabetic foot problems e.g. calluses, corns and warts.
- Skin protection and care including nail care and care of the interdigital spaces
- Anodyne Therapy
- Appropriate footwear for diabetic patients

Appointments are necessary.



Contact the Foot Health & Rehabilitation Clinic at
**Rehabilitation Medicine Department,
Sunway Medical Centre**

General line: 03 7491 9191 ext 7711

Direct line: 03 7491 1102

Facsimile: 03 7491 1301

Email: Sunmed_Rehab@Sunway.com.my



Sunway Medical Centre Berhad (341855-x)
No. 5 Jalan Lagoon Selatan, Bandar Sunway,
46150 Petaling Jaya, Selangor Darul Ehsan, Malaysia.
Tel: 03 7491 9191 Fax: 03 7491 8181
www.sunway.com.my/sunmed



Your Feet and Diabetes



Here are Some Tips for Keeping Your Feet Healthy and Happy!

Diabetes can reduce the circulation and sensation in your feet. Awareness of changes in temperature, and of pain and touch, may all be diminished. As a result, foot problems may occur without your being aware of them – *so please read this leaflet carefully.*

Get into the Habit of Good Foot Care...

WASH AND DRY FEET DAILY

Test the bath water with your elbow to avoid scalding accidents. Don't forget to wash and dry between the toes!

FIRST AID FOR FEET

Breaks in the skin should be covered with a dry sterile dressing. **Do not** burst blisters, but do seek further medical advice.

HARD SKIN?

Use a chiropody sponge or file only if advised to, and taught by the Diabetic & Foot Rehabilitation team. (Buy these in the pharmacy).

CHECK FEET DAILY

It is **ESSENTIAL** to check underneath the feet, between the toes and round the heels for color change, cuts, blisters, increased warmth or swelling. Ask a friend or relative to help check your feet if you find this difficult.

If you notice anything unusual, go to the Emergency Clinic, or to our Foot Health & Rehabilitation Clinic.

NAIL CUTTING

Only cut your toenails if...

- Your diabetes is well controlled.
- Your eyesight is good.
- Circulation is good.
- You have no loss of feeling in your feet.

Cut them straight across.

DRY SKIN?

Apply moisturizing cream daily to keep skin supple and prevent cracking – **NOT** between the toes. Concentrate on heels and dry areas.

BEWARE...!

- Never use sharp instruments such as blades on your feet. This is how infections are often caused.
- Corn plasters contain acid and should never be used.
- Avoid walking barefoot indoors or outdoors.
- Avoid direct heat and hot water bottles.

SHOES

- Lace ups or a Velcro/ strap and buckle fastening are essential for good foot support. Trainers are ideal.
- A round and deep toe box will prevent the shoe from rubbing your toes and causing corns and blisters.
- Have your feet measured. Shoes must fit feet and not vice versa! Many shops will measure your feet if you ask. Many people wear shoes that don't fit them properly.
- Check inside your shoes for sharp objects, stones, etc.

SMOKING AND YOUR FEET

If you smoke – please consider giving up! Smoking badly affects the circulation to the feet, increasing the risk to you of your diabetic foot infections. Ask your doctor for help.

Diabetic Foot Checks

We aim to check the circulation and feeling in your feet at least once a year. These checks may take place at your appointments with The Foot Health & Rehabilitation Department, Sunway Medical Centre or at your Hospital's Diabetic Review Clinic.



How can Diabetes Affect My Feet?

- Diabetes can affect the **FEELING** in your feet resulting in unnoticed cuts and blisters which may become infected. This is why you are advised to check your feet daily.
- Diabetes can affect the **CIRCULATION** in your feet resulting in slow healing of cuts which are more prone to infection.
- The better your Diabetes is controlled, the less likely these complications are to occur.