

# HAPPY, HEALTHY FEET !

Tips for individuals with diabetes



# #1 AVOID WALKING ON PEBBLE FOOT REFLEXOLOGY PATHS

- Individuals with diabetes often lose sensation in their lower limbs.
- On a hot day, the pebbles readily absorb heat and can burn your feet unknowingly.
- Sharp objects wedged between the pebbles may also cause injury.



## #2 AVOID GOING FOR FISH SPA

- Fish spas are not sterile and contain many harmful germs and foreign particles.
- These fishes nibble the dead skin of peoples' feet and germs from one person could easily spread to another.



# #3 AVOID LEAVING WOUNDS EXPOSED TO AIR-DRY

- This exposes the wound to germs and even flies in the environment.
- The longer the wound is left uncovered, the higher the chances of developing an infection at the wound site.



Wounds should be covered with sterile dressing at all times.

## #4 AVOID USING TRADITIONAL REMEDIES FOR WOUND CARE

- There is no scientific evidence that traditional medicated ointments are beneficial for wound care.
- Some of the ingredients in the ointments may even cause wound deterioration and delay wound healing.

Cleanse any superficial wound with antiseptic solution and cover with a dry dressing.

If the wound fails to heal or worsen, please seek medical treatment.

