

FOOT & ANKLE ASSOCIATES

SANDALS & DIABETES

If you have diabetes you might be worrying about what to wear on your feet. You probably know that sandals and diabetes don't exactly mix well, but if you take good care of your feet and manage your disease, your toes can stay cool this summer.



Since diabetes is known for damaging nerves, there are all sorts of complications that can develop. One of the main concerns is **peripheral neuropathy**, which affects your outer limbs. You might not be able to feel a wound or differentiate between hot and cold. This is why diabetics and sandals don't always go well together. Flip-flops don't protect your feet the way tennis shoes do. You could scrape your foot on a rock, or cut it on a piece of broken glass, and you might not even be able to feel it. If you spend any time barefoot you could burn your soles on the hot pavement.

www.TheFootPros.com

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HOW TO STAY SAFE

If you do daily foot checks to make sure everything is normal and healthy, you may be able to wear good supportive sandals occasionally. Keeping close tabs on your feet should allow you to be comfortable as well as safe. Close observations can alert you to such problems as:

■ BLISTERS

■ CALLUSES:

People who have diabetes tend to form calluses more often than those without. If not tended to, calluses can crack and become infected, especially if left unnoticed for a long period of time.

■ CUTS OR SCRAPES

■ FOOT ULCERS:

Usually caused by poorly fitted shoes, foot ulcers are an especially serious risk. If neglected, foot ulcers can result in very serious infections. Do not wait to see a podiatrist if you suffer from foot ulcers.

In the event of any problematic foot conditions, you should see your podiatrist immediately to get the problem fixed. Don't assume it will go away on its own; it will likely get worse over time.

If you notice even a small sore, call **Dr. Marco Vargas** at 888-784-5335 to schedule an appointment right away. At **Foot and Ankle Associates** in Houston, TX we are dedicated to the overall health of your body, starting with your foot safety. Follow us on **Facebook** or **Twitter** for more helpful information.

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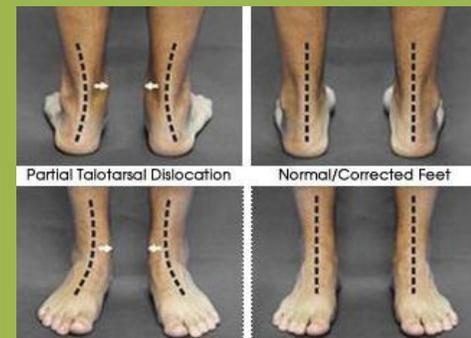
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