

Skin and Foot Care Exams

When you have diabetes, taking care of your skin and feet is an important step in maintaining your overall health.

And that includes regular appointments with your healthcare team to look for any signs of damage.

At each healthcare visit, have your healthcare provider look at any changes to your skin.

“I asked my doctor specifically to check for any abnormalities in my skin because they have a tendency to hide in my freckles.”

You may need to schedule a thorough skin exam with a dermatologist if needed.

And at every healthcare appointment, take your shoes and socks off and make sure the doctor checks your feet. This is a good preventative step but also make sure to schedule a complete foot exam once a year with your healthcare provider or podiatrist.

During your yearly foot exam your healthcare provider or podiatrist will check your feet for any circulation problems, deformities, damage or changes to the shape of your foot.

This appointment should include a monofilament test, which can identify if you have neuropathy.

If you have developed neuropathy, or if there is damage or changes to your skin and feet, you may be at high risk for developing foot complications. Work with your healthcare team to develop a treatment plan to further reduce your risk and maintain your health.

Between healthcare visits, preventing any injury is key. However, if you do develop an injury, getting treatment before it becomes a serious complication is very important.

Do not try to treat any skin or foot problems yourself. That includes using over-the-counter products for corns, calluses or ingrown toenails. These products may only make the problems worse.

Instead, see your healthcare provider right away.

Early detection and treatment can help you avoid the serious effects of skin and foot problems.

Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at www.DiabetesEducator.org/find.