



## How Foot Health Relates to Falling?

Like many other diseases and conditions diabetes can increase the risk of falling due to the complications that may arise in regards to foot health. Nerve damage and poor blood flow is common in people with diabetes. Both of these conditions can lead to an increased risk of falling because feeling is lost within the feet. It is very important to take good care of your feet to reduce the risk of not only falling, but amputation and other conditions.



Please visit for more information:

National Diabetes Information Clearinghouse  
<http://www.diabetes.niddk.nih.gov>

American Diabetes Association  
<http://www.diabetes.org>

The AGS Foundation for Health in Aging  
<http://www.healthinaging.org/agingintheknow/>

American Orthopedic Foot and Ankle Society  
<http://www.footcaremd.com>

WebMD  
<http://diabetes.webmd.com>

Resources for this brochure were located at the above sites.

### Contact Us at:

The Fall and Balance Center  
Central Michigan University  
2103 Health Professions Building  
Mount Pleasant, MI 48859

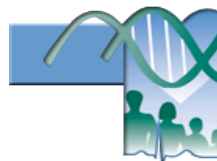
Phone #: 989-774-2341

[bridges@cmich.edu](mailto:bridges@cmich.edu)

[www.chp.cmich.edu/bridges/FBC\\_1.htm](http://www.chp.cmich.edu/bridges/FBC_1.htm)

For appointments please call:

989-774-3904



**Fall and Balance Center**  
for Assessment and Rehabilitation

## Foot Health for People Living with Diabetes



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## How diabetes can affect your feet?

The following two conditions, associated with diabetes, can adversely affect feet.

**Neuropathy** is nerve damage which causes the lack of feeling in the legs and feet. When nerve damage occurs feelings of hot, cold and/or pain may not be felt by the individual. This may lead to infections and slow healing of sores due to the lack of feeling within the feet.

**Peripheral Vascular Disease** occurs when blood flows poorly to your legs and feet. This can make healing of sores and/or infections difficult.

## What are common foot problems associated with diabetes?

- Corns/calluses
- Blisters
- Ingrown toenails
- Bunion
- Plantar warts
- Hammertoes
- Dry and cracked skin
- Athletes Foot
- Fungal Infection of the toenails



## How to prevent foot problems?

- Wash feet
- Apply lotion to feet after they have been washed and dried
- Inspect feet for the following signs: swelling, redness, blisters, cuts, scratches, bleeding, nail problems, wet, fragile skin or drainage
- Inspect shoes
- Fit shoes and socks properly to feet
- Seek medical care, if any issues with your feet occur.



## Things to ask your doctor?

- How well is my blood flow to my feet and legs?
- How well are the nerves in my feet sensing feeling?
- How should I trim my toenails?
- What lotion should I use on my feet and legs?
- To check feet at doctor visits.

**If you are experiencing any foot problems contact your doctor immediately**

