

## Loss of Nerve Fibers and Sensitivity

Lance was noticing high blood sugar levels and this was damaging his nerves. After visiting his diabetes healthcare team, they explained he was experiencing Neuropathy.



Neuropathies can occur in any part of the body, and they are caused by several factors, including high blood glucose, long duration of diabetes, abnormal blood fat levels, and low levels of insulin.

Symptoms May Include:



- Tingling feet
- Feeling “pins and needles” in your feet
- Feet especially sensitive to touch



- Can’t feel feet when walking
- Hands and feet get very cold or very hot
- Portions of body feeling numb



- Inability to feel pain when you clearly should
- Unsteadiness when walking or standing



- Sores on legs and feet that heal very slowly
- Feels like muscles or bones have “changed”
- Burning or shooting pains

### Quick Tip



Keeping healthy blood glucose levels is the most important factor in preventing neuropathy. As you know, glucose monitoring, meal planning, physical activity, and medication help control your glucose levels and prevent or delay the onset of future problems.

## Preventing Skin and Foot Issues

Proper cleaning and moisturizing play a big role in preventing skin and foot issues.

Lance’s healthcare team gave him some suggestions to help in both areas:

- Use a mild soap. Harsher soaps can dry out your skin.
- Rinse thoroughly and dry gently. Pat, don’t rub, with a soft towel and remove as much moisture as you can.



### Quick Tip



Check places where water can hide, such as under arms and the breasts, between legs and toes, and be sure you have dried thoroughly.

## Importance of Shoes and Socks

Good quality shoes that fit well are a crucial part of sound diabetes foot care.

Lance follows these steps to prevent foot issues:



Visit [www.MeetLance.com](http://www.MeetLance.com) for more helpful tips!

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# Skin Care and Maintaining Healthy Feet

A TRUEinsight™ Education Guide

## Meet Lance.™

He was just diagnosed with diabetes...



Follow along with Lance as he learns how to prevent dry skin and maintain healthy feet.

## Preventing Dry Skin

People with diabetes are at an increased risk of developing skin problems.

Properly cleaning and moisturizing dry skin are simple ways to prevent dry skin.

Lance's healthcare team gave him the following tips to keep his skin moisturized:

### How To Keep Skin Moisturized

**Tip 1:** Use a mild soap.

**Tip 2:** Rinse well.

**Tip 3:** Moisturize all over with layer of lotion.

**Tip 4:** Do not put lotion or cream between your toes because moistness might cause an infection.



### Quick Tip

Raised blood glucose levels can cause a lack of moisture in the skin, which can cause itching and cracking.

## Dry Skin

Dry skin is an issue for those with diabetes, especially when blood glucose levels are running high.

Lance visited his Healthcare team and learned ways to combat dryness:



Rub a thin layer of lotion, cream or petroleum jelly on the tops and bottoms of your feet after you wash and gently pat them dry. Avoid putting lotion between the toes.



Use a recommended sunscreen with an SPF of 30 or higher.



Keep skin moist all over your body by using a recommended lotion or cream.



Increase your water intake to 6 to 8 glasses a day to help maintain skin moisture.



Wear all-cotton socks.

### Quick Tip

Dry skin may itch and crack, leading to potential infections. To avoid issues, carefully and regularly examine your skin and your feet.

## Selecting the Right Skin Care Products

Skin care lotions are not all the same. There are a lot of products on the market today and some are specifically labeled for people with diabetes.



### Body

- You need a lotion that is hydrating, moisturizing and can be used on a daily basis to soften your skin.
- If you are prone to dryness or you have extra dry skin, an intensive moisturizing lotion may be right for you.



### Foot

- Foot Care Creams repair and protect as well as soften the skin on the feet by trapping in moisture and hydrating the skin cells.
- These lotions or creams can also help with relieving redness and improving the appearance of the skin.

### Quick Tip

Proper skin care is important for people with diabetes to live a healthy and active lifestyle. Always inspect your skin daily and report any concerns to your healthcare professional.

## What To Do

Lance met with his healthcare team and they shared 10 ideas for inspecting and caring for his skin:

1. Look at your skin carefully at least once a week, especially feet and legs. Watch for unusual or persistent sores, bruises, pain, or any other symptoms.
2. Keep skin clean by using a mild soap and moisturizer daily.
3. Pat your skin dry with a soft towel, don't rub.
4. Avoid hot showers or baths.
5. Avoid scratching sores or bumps.
6. During colder weather, use a room humidifier to add moisture to heated, dry indoor air.
7. Keep moisturizers by sinks at home.
8. Know the safety of the products you use on your skin.
9. Use lip balm to prevent chapped lips.
10. Drink plenty of fluids, especially water.

### Quick Tip

Take a good look at your skin, then take good care of it.