

Feet and Beyond

A NEWSLETTER FROM A CNY DIABETES
CERTIFIED FOOT CARE NURSE

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In this issue we will explore cold weather foot care.

- Keeping feet clean and dry
- Properly fitting footwear
- Moisturizing dry and or cracked skin of feet
- Use of heating devices for foot warmth.



Washing your feet daily is a good idea to help remove foul smelling bacteria and some fungal infections. After leaving the bath or shower, dry your feet completely. Sit down to dry between each of your toes with a soft towel. Wet spaces between toes can lead to fungal infections or maceration (wet peeling skin between toes). The goal is to prevent excess moisture against the feet.

Use a lotion or cream to moisturize your feet daily especially during the colder months. Check feet when removing shoes and socks for broken or cracked skin. Notify your provider if heels crack. You may consider loose fitting socks over creamed feet at night.

Whether you are wearing shoes or boots, properly fitting footwear means your toes should fit deep enough to avoid rubbing against the top of the shoe. Any rubbing can lead to blistered or callused areas. Shoes should also be long enough to avoid toes rubbing at the end of the shoe.

There should be at least half an inch of space between the end of the shoe and your longest toe. If shoes are not comfortable when you try them on, they are not for you!

It may seem tempting to warm cold feet by an electric heater or soaked in warm water. This is not recommended as many people have lost protective sensation in their feet. Accidental burns to the skin of feet can be painful and devastating. Keep feet warm by keeping them dry in a soft moisture wicking sock like merino wool or man-made synthetic moisture wicking socks.

