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Taking Care of Your Feet: What Diabetics Need to Know by [Stanley Boyer](#)

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A diabetic person needs to take constant care of his feet because this is where most of other health problems begin. Diabetics can't feel much on their lower extremities, and they may not know when there are already wounds on their feet that can lead to infection. If left unchecked, instances like this can result in amputation.

The side effect of diabetes that requires taking care of one's feet is called diabetic neuropathy, which causes numbness or a painful sensation in the feet. This is because of nerve damage caused by high blood sugar levels. This can also happen to other body parts, like the arms and hands, but the feet are usually the first to be attacked by this diabetes symptom. There are several things a diabetic can do to fight this, and these measures are necessary to ensure the diabetic's well-being.

Prevention is better than cure, and a diabetic can live up to this by taking preventative supplements that can stop and even reverse nerve damage. There are herbs and supplements that are deemed effective when it comes to combating neuropathy, like primrose oil and bilberry. These can have side effects, though, so don't go running to the pharmacy now—consult with your doctor first before trying anything new to make sure it is safe.

You know that feeling when blood can't go to one part of your body and it becomes numb? The same thing happens to a diabetic's feet, which is why it is important to promote healthy blood circulation in the body and increase the blood flow to the feet. A gentle foot massage, which is already nice and relaxing, can also help a diabetic combat nerve damage.

Before your body shows signs of neuropathy, it is recommended that you wear special footwear designed specifically for diabetic patients. Diabetic shoes are made with the needs of diabetics in mind. It prevents the shoe material from rubbing against the foot and distributes the weight evenly for maximum comfort and protection.

It is also wise to visit a podiatrist or a foot doctor regularly so they can check your feet for any problems and answer your questions about what options you have when it comes to footwear. A podiatrist can also take a look at your diabetic footwear which may need adjustments to suit your needs perfectly. Try to find podiatrists and foot doctors that specialize in treating diabetics.

Proper foot care is essential to keeping your body safe, so go see your doctor and ask about supplements or shoes for diabetics. For more information, you can visit emedicinehealth.com/diabetic_foot_care/article_em.htm or foothealthfacts.org/footankleinfo/diabetic-guidelines.htm.

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