

DMS

QUARTERLY

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Helping Improve Your Diabetes Self-Management

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FOOT CARE

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Taking care of your legs and feet is very important when you have diabetes since nerve damage and poor circulation can develop. Nerve damage causes pain in some people while others lose feeling sensation making it difficult to feel pain if feet are injured. These are some things you can do to avoid injuries.

- Wear well fitting , closed in shoes, preferably leather or canvas. Buy new shoes in the evening when feet may be slightly swollen. You may need special shoes if you have a foot deformity.
- Check shoes for foreign objects before putting them on.
- Socks and stockings should be clean and dry and put on smoothly-the top shouldn't be too tight.
- Never walk barefoot, always wear shoes or slippers. (socks and flip-flops aren't enough)

- Bathe with warm, not hot water. Dry feet well, especially between the toes.
- Check your feet every day, if necessary use a mirror or have someone else do it for you. Check tops, sides, bottoms and between the toes. Look for blisters, cuts, scrapes and reddened areas.
- Wash cuts and other wounds with soap and water, apply an antibiotic cream and cover with a sterile bandage. Do not use alcohol, iodine or Mercurochrome.
- Call your doctor if a cut, sore or wound is slow to heal or becomes swollen, red, hot or begins to drain.
- Toenails should be cut straight across and not too close. A good time is after a bath when they are soft. Have someone else do it if you do not see well.
- Do not break blisters, but if they break treat as for a cut or other wound.
- Do not use hot water bottles, heating pads or other heat

sources on you feet. Do not soak your feet.

DIABETIC SHOES

DMS can now provide you with diabetic shoes. Most patients with diabetes are eligible under Medicare guidelines to get one pair of shoes and 3 inserts per year if they have one or more of the following conditions:

- History of partial or complete amputation of the foot.
- History of previous foot ulceration.
- History of pre-ulcerative callus formation.
- Peripheral neuropathy with evidence of callus formation.
- Foot deformity
- Poor/impaired circulation
- Diabetic ulceration

Please give DMS a call for more information or to coordinate your care at (504)734-7165 or (888)738-7929.

Shrimp Appetizer

Serves 4

1 pound shrimp, peeled, deveined
2 tablespoons garlic, minced
18 leaves fresh basil
2 tablespoons olive oil

4 teaspoons cajun seasonings
1/3 cup white wine
2 medium fresh lemons

Blend together garlic and basil and place in oil. (This can be mixed together ahead of time to allow the flavors to blend) Saute' garlic and basil in a skillet for about 1 minute. Add the shrimp and continue to saute' for 2-3 minutes or until shrimp turns pink. Add seasoning blend (to taste), then add white wine. Allow to simmer for another 1-2 minutes. Immediately before serving, squeeze fresh lemon over shrimp. Serve hot. This can be used as an appetizer or as part of the main course for a meal if served over pasta or rice.