

## Diabetes Awareness Month Don't fail your feet

An estimated 70,000 people with diabetes suffer foot amputations each year

(NC)—Up to 42% of the two million Canadians who suffer from diabetes experience nerve damage, a condition called neuropathy (numbness in the feet), which causes complications that can lead to lower limb amputations.

Another resulting complication is very dry, cracked skin, which causes pain and discomfort for many people. This cracked open skin can invite infection and worsen — another cause of the 70,000 complete or partial foot amputations which occur each year in North America.

### Signs and Symptoms

People with diabetes may feel tingling, redness, swelling of the legs or feet, and unexplained foot pain. Many others have a total lack of sensation.

For those patients, doctors say a missed exam could mean that the tiniest of scrapes result in serious problems.

### Foot Care Health

In most cases, it is neglect and a lack of awareness of proper care that brings on foot problems.

Many Canadian foot care nurses and diabetes educators recommend using

Flexitol Heel Balm for diabetic feet. Recent studies have shown that regularly applying Flexitol Heel Balm with 25% urea significantly helps keep feet properly moisturized, even more than other urea creams.

It has been specially formulated with emollients and moisturizers to soften the skin. The high content of urea removes dead skin cells and attracts moisture to allow deeper conditioning to take place.

Flexitol also produces a Deep Cooling Gel which will cool and soothe the hot, tingling sensation that many people who suffer from neuropathy experience in their feet.

So don't 'fail your feet', examine them every day, apply moisturizer (paying special attention to the heels and balls of your feet), and see your health professional regularly.

Additional tips on maintaining healthy feet are available online at [www.diabetes.ca](http://www.diabetes.ca).

More information on dry, cracked skin and Flexitol can be obtained toll-free at 1-800-257-8694.

- News Canada  
Word Count: 298



Before



After