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# Preventing Foot Ulcers

You should be able to find several indispensable facts about Living With Diabetes in the following paragraphs. If there's at least one fact you didn't know before, imagine the difference it might make.

Diabetes is a disease that can have a lot of complications. This chronic lifestyle disease can increase the risk of heart diseases, kidney disorders, blindness, circulatory problems, and it can even cause foot ulcers that can end up requiring amputation of the lower limbs.

Foot ulcers are very common among diabetics. It is important that you should know how to prevent this from happening to you as this is the most common cause of non-traumatic amputation of the lower limbs. Any person with diabetes can have foot ulcers. However, there are several factors that significantly increase the risk. By learning about the factors that increase the risk of foot ulcers, you will be able to know how to effectively prevent it.

Poor blood glucose control is one major factor that increases the risk of developing foot ulcers. Other factors that significantly increase the risk of developing foot ulcers in diabetic patients are sensory neuropathy, poor circulation, poor foot healthcare, inappropriate or ill fitting footwear, foot deformity, and history of previous ulceration.

If you are suffering from diabetes and that you have neuropathy and reduced or poor circulation, then you are very likely to get foot ulcers. This is a classic example of the causes of foot ulcer. If you decide to go on a long walk with new shoes and that you have neuropathy and poor circulation, then it is very likely that you will develop foot ulcers. The new pair of shoes and the duration of the walk can cause chaffing in the feet, which you will not feel as you have loss of feeling in the feet or because of sensory neuropathy. The chaffing will then develop in to a blister, which you will not notice for the same reason.

As a result of poor circulation of blood, the blister will not be able to heal, which can turn in to an ulcer.

This is one scenario that can possibly cause foot ulcer. Other classic cases would be getting an ingrown toenail which can injure your feet and cause foot ulcers.

So far, we've uncovered some interesting facts about Living With Diabetes. You may decide that the following information is even more interesting.

Here are ways on how you can prevent foot ulcers. By following these tips, you can be sure that you will be able to decrease the risk of developing foot ulcers and decrease the likelihood of amputation.

The first is to check your blood glucose level regularly. By doing so, you will be able to effectively monitor and regulate your blood glucose levels at acceptable levels.

In addition to that, checking your feet using a mirror is a must especially if you have sensory neuropathy. By doing so, you will be able to know if you developed chaffing in your feet, which can develop in to blisters then in to foot ulcers.

Cleaning the feet with warm water and mild soap can also help prevent foot ulcers. Always remember that after every washing, you need to dry your feet thoroughly especially between the toes.

If you are cutting toenails, never cut down in to corners as this can cause an ingrown toenail to develop. Instead, try cutting the toenails straight across. If you are unsure on how to properly cut your toenails, you should consult a podiatrist.

Appropriate footwear is necessary for diabetics. Make sure that the shoes you get fit you adequately. Consult your podiatrist in order to make sure that the shoes you get is comfortable and one that has enough space for your feet that it will not cause injuries.

These are some of the ways to prevent foot ulcers in diabetic patients. By following these tips, you can be sure

that you will decrease the risk of getting foot ulcers, which will basically reduce the risk of amputation.

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