

At CPO Services, your comprehensive care is important to us. That's why we're providing this brochure that gives an overview of Extra Depth Footwear and Diabetic Foot Care. As with anything else, please don't hesitate to call us if you have any questions.

Diabetic Foot Care

The importance of diabetic foot care

Individuals with diabetes are much more vulnerable to foot problems for a number of reasons. The following guide will help you better understand, care for and cope with this often debilitating disease.

Diabetes can cause nerve degeneration that may result in your feet becoming immune to feelings of pain (also known as peripheral neuropathy or diabetic neuropathy), making you more at risk for irritations and infections.

Complications from diabetes may also decrease blood flow to the feet, making it more difficult for sores to heal. It is vitally important that diabetics take extra precautions to care for their feet. Here are some foot care guidelines that are important for those with diabetes to follow.

Caring for your feet

- Inspect feet daily, including checking carefully between the toes. Look for cuts or sores, changes in skin color, bleeding, tenderness, swelling and areas of high temperature. If necessary, use a hand mirror to check the bottoms of your feet. Any major change should be reported to your physician immediately.
- Bathe feet daily in lukewarm water with mild soap and rinse thoroughly. Do not soak feet. Pat them dry with a soft towel, making sure to dry between the toes. Use a light dusting of talcum powder or cornstarch to keep the skin between your toes dry.



COMPREHENSIVE PROSTHETICS & ORTHOTICS

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**If you have any questions, please contact
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Your orthotist is: _____

Your physician is: _____

Diabetic Foot Care & Extra Depth Footwear

CARE & USE GUIDE



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