

# Better foot care reduces diabetics' costs

A recent US study by the Analysis Group analysed just over 30 000 patients with and without foot ulcers over a 12-month period and showed that foot ulcers contribute to major medical expenses for diabetics - almost double the other costs of treating the condition and better foot care could cut these medical costs.



"Debilitating feet conditions can lead to psychological and physical implications," said Giulia Criscuolo, pharmacist for Litha Pharma that markets and distributes the Diabecinn range in SA.

## Foot care tips

- Wash and dry feet daily
- Use mild soap and warm water. Pat your feet dry, do not rub them. Use a foot cream specially designed for diabetics to prevent cracking but do not rub cream or body lotions between your toes
- Examine your feet daily by checking the top and the bottom for any cracked/dry skin, blisters, cuts, corns, calluses, redness or tenderness
- Take care of toenails by cutting them regularly after bathing. Cut straight and smooth and avoid cutting into the corners of toes. Check regularly for ingrown toenails
- Wear comfortable shoes at all times, especially when exercising
- Always wear shoes and socks. Avoid wearing high heels and going barefoot
- Do not wear new shoes for more than an hour at a time
- Change your socks daily and wear loose-fitting natural fibre socks (cotton, wool or a blend)

Diabecinn Feetcare cream is available at health shops, pharmacies, Dis-Chem, Clicks, Pick n Pay, Wellness Warehouse and Medi-Rite. It has been dermatologically tested on diabetics, has a neutral pH value (5.5) and a natural scent. It is quickly absorbed by the skin, does not contain perfume or artificial colorants and leaves no marks. It is part of the range of products for Type 2 diabetes and high cholesterol, which contain a natural, water-based cinnamon extract, proven to help

stabilise blood sugar levels.

To view the report, go to [www.mcknights.com/foot-ulcers-double-the-cost-of-diabetes-care-study-finds/article/338467](http://www.mcknights.com/foot-ulcers-double-the-cost-of-diabetes-care-study-finds/article/338467).

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