

Diabetes

Don't let diabetes impact your foot health

If you have diabetes you will understand the importance of taking care of your health. At My FootDr we share this understanding and make your foot health a priority.

Diabetes can affect your feet by decreasing the blood supply as well as affecting nerve sensation. The elevated blood glucose levels that remain in the bloodstream affect all organs and systems, including the circulatory system and the peripheral nerves of the lower limbs.

The decreased blood supply caused by diabetes can cause the skin to be more susceptible to breakages which can lead to foot ulcers. If left untreated diabetic foot ulcers can lead to amputation. Once ulcers occur the chance of reoccurrence is greatly increased, therefore prevention and screening of risk factors is important to avoid amputation.

How we help

Diabetes can have a detrimental effect on your foot health. At My FootDr, we can help manage and prevent foot related complications associated with diabetes. An initial assessment with a Podiatrist will assess the condition of your feet and identify risk factors associated with your lifestyle and your current foot health status.

A Vascular Doppler assessment will assess the quality of arterial blood flow in your feet using an ultrasonic device called a Doppler. This allows your podiatrist to determine if you have peripheral vascular disease and assess your risk for ulceration. Further diagnostic tests will assess your sensation and circulation which will help detect whether neuropathy is present.

If neuropathy is found it is highly recommended that feet are checked daily for abrasions, as patients may not be aware of cuts due to lack of sensation. It is important to have annual foot assessments to ensure your feet are at optimal health. After your first visit, a My FootDr Podiatrist will be able to determine whether you need more regular assessments to manage your foot health or if annual assessments are acceptable.

You can trust My FootDr's team of highly-qualified podiatrists to always provide that extra level of care and attention when delivering the best foot care solutions for you and your family.

Our team will deliver you with world-class podiatry services, and work with you to tailor a solution that is individualised to your needs.

Book an appointment with
our podiatrists today

Call 1800 FOOTDR
myfootdr.com.au



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Healthy feet. Better lives.

