Lack of good glycemic control leads to:

- **Nerve damage (Neuropathy)**: Makes you less sensitive to pain, then less aware of any injury or burn, which, in turn, may be left untreated.

- **Impaired immune system**: Leads to festering/delayed healing of your wound.

- **Impaired blood flow**: Leads to less blood flow in the limbs (e.g., feet), failure to provide the amount of blood or oxygen required for the cells.

- Impaired immune system makes you more susceptible to bacterial infection and wound festering!
- **Impaired blood flow** makes wound healing difficult!

- **Ulceration or Gangrene**: Ulceration or Gangrene eventually leads to Amputation!
Points to be kept in mind to protect your feet

★ Examine your feet every day.
   • Use a mirror to examine the parts of your feet you cannot see directly or ask your family to examine them.

★ Wash your feet clean and dry them well every day.
   • Wash between your toes thoroughly clean.
   • First make a lather with your soap first and then wash your feet gently.
   • Dry your feet well after cleaning them.
   • Use cream to moisturize your feet when too dry. (Do not apply moisturizing cream between the toes)

★ Be careful not to clip your nails too short.
   • Avoid cutting your nails too short.
   • Be careful not to trim the ingrowing edges too much.

★ Be sure to wear shoes that fit your feet.
   • Beware of shoe sores.
   • Choose a pair of shoes that fit your feet perfectly.
   • Make sure that your shoes contain no foreign object before putting them on.

★ Do not put shoes on your bare feet; put on socks to protect your feet.
   • This helps prevent athlete’s foot and protect your feet.
   • You might like to use five-finger socks.

★ Be careful not to get burned.
   • Beware of low-temperature burns associated with the use of hot water bottles or disposable body warmers.