

“...an excellent self-care guide and reference for people with diabetes and their caretakers.”

—The Midwest Book Review

 American
Diabetes
Association.
Cure • Care • Commitment®

101 Tips

on

Foot Care

for

People

with

Diabetes

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Skin Care • Nail Care • Footwear
Treating Minor Problems • Identifying Major Problems
Exercise • Avoiding Complications
and *Much, Much More!*

2nd Edition

101 Foot Care Tips For People With Diabetes, 2nd Edition

If you follow the good advice in this book for everything from socks to surgery, you stand a very good chance of keeping both your feet healthy and whole.

"Diabetic foot problems cause more hospital stays than any other complication of diabetes. This book tells you what to do for good foot care. It can help you stand on your own two feet for a lifetime!"

-- Neil M. Scheffler, DPM, FACFAS, President, Baltimore Podiatry Group

Foot care may sound simple, but it takes dedication and practice. This book gives you 101 detailed ways to help you get started now -- good advice for all people with type 1 and type 2 diabetes.

- Skin care
- Nail care
- Footwear
- Treating minor problems
- Identifying major problems
- Exercise
- Avoiding complications and much more!

If you have diabetes., you are susceptible to poor circulation and nerve damage. And when nerve damage hits, you lose feeling in your feet. Simple cuts may go undetected, which can lead to open sores, ulcers, and even amputation.

These are just a few of the 101 questions answered in this indispensable new book for people with diabetes:

- What should I do if I nick myself while trimming my toenails?
- How can I tell whether my shoes fit?
- What should I do if I have a bunion?
- How do I avoid getting foot ulcers?
- What kind of tests do I need for peripheral vascular disease (PVD)?

Features:

- Softcover
- 136 pages of valuable information
- Published by the American Diabetes Association.