



Diabetic Care

Get Moving:

Regular physical activity is key to helping manage your blood sugar. Exercise improves poor circulation as it stimulates blood flow in the legs and feet. According to the National Institute of Health (NIH.gov), 34.3% of Americans with diabetes are considered physically inactive, meaning they get less than 10 minutes of moderate or vigorous physical activity per week.

Here are some foot-friendly activities to try:

- Start with a clear goal, like taking a 10-minute walk after dinner. Walk in sturdy, comfortable shoes that fit comfortably, but don't walk when you have open sores on your feet.
- If you struggle with motivation, team sports like tennis or pickleball are great for diabetes. They provide a solid aerobic workout.
- Dancing is one of the most enjoyable ways to exercise.
- Yoga is excellent for diabetes because it helps control blood sugar, lowers blood pressure, improves sleep, and lifts your mood.
- Cycling is great for diabetics. It's low-impact and helps you reach exercise goals quicker.
- Swimming keeps your heart rate up longer than land exercises, lowers blood sugar, tones your body, and is gentle on the joints.



Diabetic foot care is an important part of diabetes management because high blood sugar levels can damage the nervous and circulatory systems. **Care for Your Feet—and Your Overall Health**—by controlling some of the things that cause neuropathy and poor blood flow. Follow your diabetes care team’s advice for quitting smoking and keeping your blood glucose (blood sugar), blood pressure, and cholesterol under control. If you notice problems like numbness, ulcers, or cuts that have not healed, contact your doctor right away.

Here are some tips for diabetic foot care:

Check Your Feet Daily



Check for blisters, calluses, corns, crack, cuts, redness, sores, or swelling on your feet. Use a mirror or ask for help to see the bottoms. Have a podiatrist treat any corn or calluses, and don't try to remove them yourself.

Wash Your Feet



Use warm, soapy water every day and dry your feet thoroughly, especially between your toes. Avoid using hot water.

Trim Your Toenails



We recommend having your podiatrist trim your toenails regularly. Toenails should be cut straight across and file sharp edges. Long or thick nails can press on other toes and cause sores and cut corners leading to ingrown nails.

Wear Proper Shoes



Wear well-fitting, protective shoes that don't rub your feet, and avoid open-toed shoes. Moisture-wicking socks in white/light colors make it easy to spot any bleeding or drainage.

Avoid Injury



Avoid going barefoot and keep your feet away from heaters. Check your shoes for sharp objects like small rocks before wearing them.

You should also schedule regular foot checkups with your primary care provider or podiatrist every six months to check for signs of problems like poor hygiene, abnormal foot structure, or reduced circulation or sensations.

BHI At Home is here for you. Please contact our office for more information.

Call: 765-393-0618 | Email: info@careplus-hhc.com | www.careplus-hhc.com