



**M.P. SHAH HOSPITAL**  
A Legacy of Care

# DIABETES FOOT

A **diabetic foot** is any pathology that results directly from peripheral arterial disease or sensory neuropathy affecting the feet as a result of damage to the nerves. This will be evidenced by numbness, tingling or pain in the affected limb while in others there will be no pain or they might not feel cold or hot on the affected limb.

## RISK FACTORS THAT CAUSE NERVE DAMAGE

- Having very high blood sugars out of target level
- Obesity
- Uncontrolled blood pressure
- High blood cholesterol levels
- Age of above 40 years

## SIGNS OF DIABETIC FOOT PROBLEMS

- Changes in skin colour
- Changes in skin temperature
- Swelling in the foot or ankle
- Pain in the legs
- Open sores on the feet that are slow to heal or are draining pus