

Living Well

New perspectives on diabetes self-care



Keep your eyes on your feet!

Taking care of your eyes and feet is important for people with diabetes. High blood sugar for a long time can be bad for your eyes and feet.

High blood sugar can:

- Damage parts of your eyes so it is hard to see
- Make your legs and feet feel numb or have shooting pain, burning, or pins and needles



Know about diabetes eye problems...

Take this quiz!

	True	False	Not sure
1 If you have diabetes, you have a greater chance of getting some eye problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 There are always early signs of eye problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 You should get an eye exam every year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Damage to blood vessels in the eye can cause problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 If you have diabetes, you don't have to worry about glaucoma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 Laser treatment can stop damaged blood vessels from getting worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 Your pupils should be dilated during an eye exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 Lots of people with diabetes have cataracts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 Good diabetes control stops your chance of eye problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 You can lower the chance of going blind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Find out the answers on the back of this newsletter ►

Wear the right shoes!

Because diabetes can cause foot problems, you should choose shoes that fit your feet.

Here are some Dos and Don'ts for getting the right shoes:



Do wear athletic or walking shoes for everyday use.

Do wear shoes or slippers to keep your feet safe.

Do always wear socks so you won't get blisters.

Do make sure shoes fit if your feet have changed shape.

Do shop for shoes at the end of the day when your feet are bigger.

Do break in new shoes slowly. Wear them only 1-2 hours a day for the first week or two.

Don't wear shoes that don't fit right.

Don't get shoes that don't support your feet.

Don't choose shoes that don't match the shape of your feet.

Don't wear pointed-toe shoes.

Don't wear high heels.

Don't wear knee-high socks that are too tight below the knee.

And make sure your doctor checks your feet at every visit!

Know about eye problems...

Answers to the quiz

- 1 True** — Over time, the chance grows that people with diabetes will have eye problems.
- 2 False** — Often there are no early signs of eye problems.
- 3 True** — You should get at least 1 eye exam a year.
- 4 True** — Damaged blood vessels in the eye may swell or leak.
- 5 False** — People with diabetes are much more likely to get glaucoma.
- 6 True** — Laser treatment can help keep some eye problems from getting worse.
- 7 True** — Dilated pupils allow the doctor to see better inside your eye.
- 8 True** — People with diabetes are much more likely to get cataracts.
- 9 False** — Good diabetes control can't always stop eye problems, but it can slow them down.
- 10 True** — The chance of blindness can be lowered if you find and treat problems early.

How did you do?

This newsletter is provided as part of your health care benefits. It does not contain all the information that you may need to know about this topic, and it cannot be used to diagnose your condition or illness or serve as a substitute for medical treatment. Be sure to discuss any questions you may have with your doctor.

Eye care for people with diabetes

People with diabetes are more likely to get:

- Gradual vision loss (glaucoma)
- Cloudy eye lenses (cataracts)
- Damaged eye blood vessels (diabetic retinopathy)

Diabetes causes most new cases of blindness in adults every year. Most of the time, there are no early warning signs.

You can help avoid eye problems and blindness:

- Tightly control your blood sugar
- Control high blood pressure
- Stop smoking
- See your eye doctor (ophthalmologist) for an eye exam at least once each year

Call your eye doctor if you:

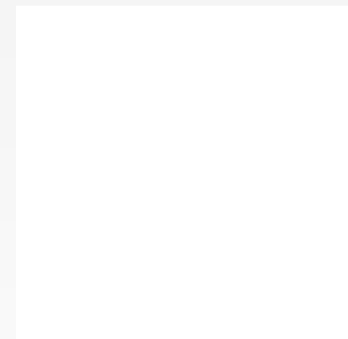
- Have blurry vision or trouble reading
- Have eye redness that won't go away
- See spots or floaters
- See double
- See straight lines that don't look straight
- Have eye pain or pressure
- Can't see things at the side of your eyes

**Eye problems can be treated by an eye doctor.
But you also have a lot of control over what happens to your eyes.**

Normal Vision



Damaged Vision

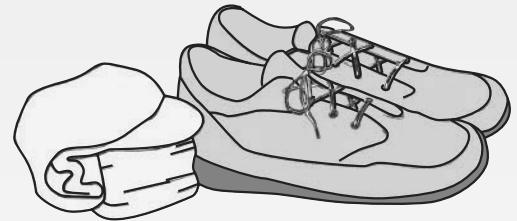


Take Care of Your Feet

Foot care is important when you have diabetes. Controlling your blood sugar levels can help you avoid diabetes foot problems.

Here are some helpful tips:

- Check your feet daily. Look for red spots, cuts, swelling, and blisters. Use a mirror or ask for help if you cannot see the bottom of your feet.
 - If sores don't start healing after 1 day, call your doctor.
- Wear comfortable, well-fitting shoes and socks. Make sure there is nothing inside before you put them on.
- Never walk barefoot.
- Wash and carefully dry your feet daily.
- Use lotion to keep the tops and bottoms of your feet soft and smooth. Do not put lotion between the toes.
- Trim your toenails straight across.
- Protect your feet from too much hot and cold.
- Put your feet up when sitting.
- Don't cross your legs for very long.
- Wiggle your toes and move your ankles up and down for 5 minutes at least 2 or 3 times a day.



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Get a complete foot exam once a year, or more often if you have problems.