

April Health Highlight of the Month

Foot Health Awareness for Diabetics

BROUGHT TO YOU BY: ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT (ABIPA) PACE PROGRAM

Foot Care and Diabetes



Proper foot care is especially critical for diabetics because they are prone to foot problems such as:

- Loss of feeling in their feet
- Changes in the shape of their feet
- Foot ulcers or sores that do not heal

Simple daily foot care can prevent serious problems. The following steps will help prevent complications from diabetes.

1. Take Care of Your Diabetes

Make healthy lifestyle choices to keep your blood sugar normal.

2. Check Your Feet Every Day

You may have foot problems that you are not aware of. Check your feet for cuts, sores, red spots, swelling, or infected toenails. If you have trouble bending over to see your feet, use a plastic mirror to help. ***Be sure to call your doctor immediately if a cut, sore, blister, or bruise on your foot does not heal after one day.***



3. Wash Your Feet Every Day

Wash your feet in warm, NOT HOT, water. Do not soak your feet because your skin will get dry.

4. Keep the Skin Soft and Smooth

Rub a thin coat of skin lotion or cream on the tops and bottoms of the feet. Do not put lotion between the toes, because this might cause infection.

5. Wear Shoes and Socks At All Times

Do not walk barefoot, not even indoors. Always wear seamless socks, stocking, or nylons that take moisture away from your feet and absorb shock shoes to help avoid the possibility of blisters and sores developing.

6. Protect Your Feet From Hot and Cold

Always wear shoes at the beach or on hot pavement. Keep your feet away from radiators or open fires. DO NOT use hot water bottles or heating pads on your feet. In cold weather, check your feet often to avoid frostbite.

7. Keep the Blood Flowing to Your Feet

Put your feet up when sitting. Wiggle your toes for 5 minutes, 2 or 3 times a day. Move your ankles up and down and in and out to improve the blood flow in your feet and legs.

8. Be More Active

Ask your doctor to plan an exercise program that is right for you. Walking, dancing, swimming, and bicycling are good forms of exercise that are easy on the feet.

9. Communicate With Your Doctor

Ask your doctor to check the pulses and feeling in your feet at least once a year.



April 2008

April Activities
ongoing at PACE
Diabetes, Breast and Prostate Cancer Pre-Screenings

Walking Club
5:30-6:30 pm every
Tuesday & Thursday

Free Blood Pressure Checks - ongoing

Weight Watchers
Every Wednesday
Weigh In at 5 pm
Class at 5:30 pm

Off Site Activities
Ladies Night Out
April 3rd

Health Info Session

Aston Park Towers
April 15th 3pm-4pm

Bible Study & Healthy Cooking

Coming to a church near you! Call for details!

Upcoming Activities

"The Gift"
Prostate Screening Rally
Friday, May 15, 2008
6 pm - 8 pm
YMI Culture Center
39 South Market Street

"The Gift"
Prostate Screening
Sat. June 14, 2008 at
WC Reid Center for
Creative Arts
133 Livingston Street
8 am - 11 am

For more information, on please contact the PACE office at

70 South Market St.
Asheville NC 28801
(828) 251-8364
(828) 251-8365 fax

Ladies Night Out

First Thursday of Each Month

Offering **FREE** physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears

Call ABIPA at (828) 251-8364 or 250-6119

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.