



Touching Hearts & *Enriching Lives*



Diabetes & Foot Care

If you suffer from Diabetes, you are at an increased risk of having foot problems. You need to inspect your feet every day, and seek care early if you do get a foot injury. Make sure you get your feet inspected by your healthcare provider every year—more often if you have foot problems.

When Should You Call Your Doctor?

- If you have cuts or breaks in the skin, or have an ingrown nail.
- If your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts, or you feel pain, tingling, numbing, burning, or no feeling at all).
- If you have corns or calluses. Your healthcare provider can trim them for you. Never use over-the-counter solutions to remove corns.

AARN can help...

- Supportive Care Education of Disease Process
- Individual & Family Counseling
- Management & Evaluation of Patient Care
- Observation & Assessment
- Home Safety & Emergency Education
- Medication Education
- Assistance with ADLs
- Restorative Therapy (Physical, Occupational & Speech)
- Administer insulin as ordered
- Teach patient or family member to draw up & give insulin
- Teach regarding diet & importance of eating at regular & consistent times
- Provide glucose meter check as ordered, call physician if over or under range
- Report unfavorable responses or reactions to MD

Toll Free: 855-485-2220 | Fax: 888-625-4406

www.AARNHealth.com

We treat our patients like family

