

DIABETIC FOOT CARE GUIDELINES



American College of
Foot and Ankle Surgeons

Diabetes can be dangerous to your feet—even a small cut could have serious consequences. Diabetes may cause nerve damage that takes away the feeling in your feet. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection. Because of these problems, you might not notice a pebble in your shoe—so you could develop a blister, then a sore, then a stubborn infection that might cause amputation of your foot or leg.

To avoid serious foot problems that could result in losing a toe, foot, or leg, be sure to follow these guidelines.

- Inspect your feet daily.** Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.
- Wash your feet in lukewarm (not hot!) water.** Keep your feet clean by washing them daily. But only use *lukewarm* water—the temperature you'd use on a newborn baby.
- Be gentle when bathing your feet.** Wash them using a soft washcloth or sponge. Dry by blotting or patting—and make sure to carefully dry between the toes.
- Moisturize your feet—but not between your toes.** Use a moisturizer daily to keep dry skin from itching or cracking. But **DON'T** moisturize between the toes—this could encourage a fungal infection.
- Cut nails carefully—and straight across.** Also, file the edges. Don't cut them too short, since this could lead to ingrown toe nails.
- Never trim corns or calluses.** No “bathroom surgery”—let your doctor do the job.
- Wear clean, dry socks.** Change them daily.
- Avoid the wrong type of socks.** Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).
- Wear socks to bed.** If your feet get cold at night, wear socks. **NEVER** use a heating pad or hot water bottle.

- ❑ **Shake out your shoes and inspect the inside before wearing.** Remember, you may not feel a pebble—so always shake out your shoes before putting them on.
- ❑ **Keep your feet warm and dry.** Don't get your feet wet in snow or rain. Wear warm socks and shoes in winter.
- ❑ **Never walk barefoot.** Not even at home! You could step on something and get a scratch or cut.
- ❑ **Take care of your diabetes.** Keep your blood sugar levels under control.
- ❑ **Don't smoke.** Smoking restricts blood flow in your feet.
- ❑ **Get periodic foot exams.** See your podiatric foot and ankle surgeon on a regular basis for an examination to help prevent the foot complications of diabetes. ▲



Melissa J. Lockwood, D.P.M.

Melissa J. Lockwood, D.P.M. – As founder of Heartland Foot and Ankle Associates, P.C., Dr. Melissa J. Lockwood happily returns to central Illinois after seven years in Cleveland, Ohio. She is a graduate of Providence Catholic High School in New Lenox, Illinois. Dr. Lockwood completed her undergraduate degree from the University of Illinois (Urbana/Champaign) in 2001 with a Bachelor of Science in Biology and a minor degree in Chemistry. Dr. Lockwood has a great interest in archaeology and also received a minor degree in Anthropology from the U of I in 2001.

Dr. Lockwood went on to the Ohio College of Podiatric Medicine and matriculated with her Podiatric Medical Degree in 2005. While at OCPM, Dr. Lockwood served as both a delegate to the student branch of the APMA as well as President of the Student Government organization (OPMSA). Dr. Lockwood was the recipient of several awards while attending OCPM, including the Ohio Podiatric Medical Association Dr. James Conforti Community Relations Award and the OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics.

Dr. Lockwood arrives in Bloomington following a three year residency in Cleveland, Ohio. Dr. Lockwood completed a 36 month Podiatric Medical and Surgical Residency Program based out of the University Hospital System/Richmond Heights Medical Center. Dr. Lockwood has extensive training in both forefoot (bunions, hammertoes, neuromas) elective surgical procedures as well as rearfoot reconstruction. She has a special interest in the treatment of chronic wounds as well as diabetic palliative care. Dr. Lockwood enjoys working with patients one on one in a clinical setting and chatting about her favorite sports teams!

Dr. Lockwood and her husband Scott are pleased to be back in their home state and rooting on the Illini, Redbirds, Chicago Bears, and White Sox! Scott is a 2000 Illinois State University Alumni with a BS degree in Accountancy. He is a CPA working in Bloomington.

EDUCATION

University of Illinois, Urbana-Champaign, BS Biology (01)
 Professional: Ohio College of Podiatric Medicine, (05)
 Residency: University Hospital Richmond Medical Center (05-June 08)

PROFESSIONAL ACCREDITATION

NBPME Part I (03) NBPME Boards Part II & Part III - PM Lexus (05)
 State of Illinois Licensure (08)

HONORS AND AWARDS

Illinois State Scholar (1997)
 OCPM Academic Scholarship (01) OCPM Dean's List (04)
 OPMA Dr. James Conforti Community Relations Award (05)
 OCPM Mildred Kaufman Memorial Award for Proficiency in Orthopedics and Biomechanics (05)
 University Hospitals Richmond Medical Center Outstanding Podiatric Resident (08)

PROFESSIONAL ORGANIZATIONS

President, Ohio Podiatric Medical Student's Association (02-04)
 Delegate, American Podiatric Medical Student's Association (02-04)
 Chairman, President's Committee, American Podiatric Medical Student's Association Feb. 2004
 Member – OCPM Board of Trustees (02-04)
 APMA/IPMA, AAPP, AAWP member at large

RESEARCH/PUBLICATIONS

Sesamoid Pathology, coauthored with
 Dr. Joseph Favazzo, D.P.M., December 2005. Compilation of forefoot pathology edited by Vincent J. Hetherington, D.P.M.



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American College of Foot and Ankle Surgeons

This information has been prepared by the Consumer Education Committee of the American College of Foot and Ankle Surgeons, a professional society of 5,800 foot and ankle surgeons. Members of the College are Doctors of Podiatric Medicine who have received additional training through surgical residency programs.

The mission of the College is to promote superior care of foot and ankle surgical patients through education, research and the promotion of the highest professional standards.

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