

### **6. Why do my feet feel cold?**

Cold feet may be a sign of circulation problems. Lack of blood flow to the feet and toes is common for those with diabetes and can make your feet feel cold. Another sign of decreased blood flow is the loss of hair growth on the toes or feet. Decreased blood flow can make it difficult for people with diabetes to heal sores or infections.

### **7. Is there a special examination to evaluate how much feeling I have in my feet?**

Diabetic neuropathy is a common complication of diabetes. Signs of neuropathy include: muscle weakness in the legs, pain in the feet and legs, tingling, burning, or numbness in the feet and hands, and decreased pain sensations and loss of feeling. Podiatrists are trained to evaluate the foot for sensation as well as circulation. Many podiatrists who specialize in the care of people with diabetes have more specific means to determine specific levels of neuropathy, such as monofilament wires. If you are experiencing any of the signs of neuropathy, call your doctor right away.

### **8. I've noticed a burning sensation in my feet. Is there anything I can do to stop it?**

There are some over the counter creams that can help people with the burning sensation. It is important to have your podiatrist explain how to use these creams properly. Certain medications and ointments could pose risks for those with diabetes and should be avoided.

### **9. Are there special shoes or inserts that I can wear to keep my feet more comfortable?**

Custom orthotic inserts are often made for shoes to help control the way your foot functions. These orthotics are used for many problems, including heel pain, arch pain and bunions. Special diabetic shoes are also available, and may be covered by Medicare. Ask your podiatrist for more information about shoe programs.

### **10. How should I inspect my feet at home?**

Those who suffer from diabetes should check their feet *every day*. He or she should look for areas of irritation (redness), areas of inflammation (swelling) or any other changes to the feet. Often, people with diabetes lose their sensation and cannot feel an abnormality on their foot so a daily visual inspection becomes very important. If the person with diabetes is older or unable to check their own feet, he or she should ask a friend or family member to assist them. It is also important to check shoes daily for anything that may be hidden inside.