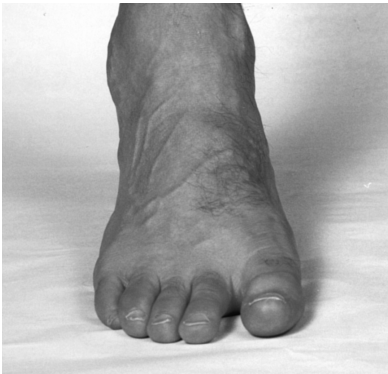


At The Foot Institute, our mandate is to educate the public about proper foot care including the severe consequences of diabetes. With this knowledge, people can take proactive measures to better manage their disease and their feet.

**Neuropathy – The Most Common Cause of Foot Problems**

Diabetic foot ulcers is a serious condition that requires immediate and proper treatment, as infected ulcers are the leading cause of lower limb amputations. Diabetic foot ulcers are most commonly caused by a condition known as neuropathy.

Neuropathies diabetics can experience are autonomic, motor and sensory. Autonomic neuropathy interferes with sweat gland function that produces moisture. This disposes patients to cracked or dry feet that can be tracks for infection. Motor neuropathy effects the muscles and may lead to atrophy which occurs when the muscles and tissues of the foot become small and lose their strength. This often translates to curvature of the toes and decreased cushioning, and causes pressure areas on the foot.



N O R M A L F O O T

Sensory neuropathy results in a reduction of sensation in the feet such that stepping on a tack may not be felt. Also related is an inadequate understanding of the position of the feet. This may lead to abnormal amounts of pressure on certain areas leading to calluses or a deterioration of the bone and joints that can break down and develop into ulcers.

**Vascular Disease**

Another problem that diabetics often experience is vascular disease. With this condition, the skin of the feet can become thin, with a corresponding loss of hair growth on the feet. Additionally, the feet will often become cold or feel cool to the touch. Because of the vascular comprise, an individual’s feet may become more susceptible to breakdown and ulceration.

**Prevention**

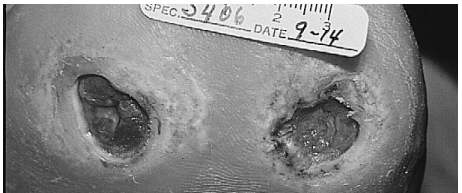
The Foot Institute feels it is important to work with diabetic patients in identifying potential problem areas and adopting patient education strategies to reduce the risk of further complications. One common problem patients often experience deals with biomechanics or the way a person pathologically adapts to the ground. Many people have acquired, or are born with, certain foot types that cause abnormal pressure on certain areas of the foot when walking or doing other activities. These areas, when compounded with neuropathy, can often cause ulcers, subsequent infection and all too often - amputation.

As part of a prevention strategy, Doctors at The Foot Institute will often prescribe orthotics which allow for the proper distribution of pressure on the feet. Orthotics prescribed by The Foot Institute "correct" or "accommodate" the way a patient walks, thus reducing or eliminating excess pressure in particular areas of the foot.



Patients can also take many proactive measures such as selecting proper fitting footwear, ensuring that shoe interiors are clean and free from foreign matter, using creams and moisturizers, inspecting feet daily for cuts, lesions or other irregularities. Patients should also report any signs of neuropathy, foot pain or other problems to their Doctor.

D I A B E T I C F E E T



## Your Foot Specialist

It is important that diabetics understand the many aspects and possible complications of diabetes. It is imperative that blood sugars are managed and patients follow the recommendations of the Family Physician. Doctors at The Foot Institute recommend that all newly diagnosed diabetic patients, or those in a high-risk category, be seen for a screening examination. Those patients experiencing problems should be seen on a regular basis.

Doctors at The Foot Institute have ten years or more of higher education where they have focused on all problems concerning the foot and the complications of diabetes. We will evaluate patients for signs of neuropathy, vascular compromise and perform a biomechanical evaluation. If a patient is diagnosed with a vascular compromise we can often identify the level or cause of the disease. If a dermatological problem, neuropathy, or a skin condition such as calluses or corns are present, they need to be dealt with proactively to avoid potential serious problems.



Dr. Brent Young,  
DPM



Dr. Scott  
Hollingsworth,  
DPM



Dr. Richard  
Mandal,  
DPM



Dr. Jason Lehr,  
DPM



Dr. Todd Schnoor,  
DPM

### Northern Alberta Clinic Directory

Please visit  
our Locations  
page on our  
website

\* Please book appointments directly with clinics.

In Edmonton and area Call **444 - FOOT** (3668) to book an appointment near you.

*The Foot Institute is independently owned and operated from the above clinics and institutions and is an association of Doctors specializing in the Medical and surgical treatment of the Foot and Ankle.\*\* © Foot Institute Management Inc.*

*\*Doctors of Podiatric Medicine*

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For more information visit our web site at  
[www.footinstitute.com](http://www.footinstitute.com)

## The Foot Institute

An association of Doctors specializing in the  
Medical & Surgical Treatment of  
the Foot and Ankle\*

- Dr. Scott Hollingsworth, DPM • Dr. Brent Young, DPM
- Dr. Todd Schnoor, DPM • Dr. Jason Lehr, DPM
- Dr. Richard Mandal, DPM

**444- FOOT** (3668) - Edmonton and Area

**242- FOOT** (3668) - Calgary and Area

# DIABETES AND YOUR FEET

## Incidence of Diabetes

One of the most common chronic diseases in our society is diabetes mellitus. The prevalence of this disease is now reaching near-epidemic proportions with its incidence expected to increase dramatically in the coming years. In North America, there are over 500,000 new cases of diabetes diagnosed each year. Studies also indicate that the number of people who unknowingly have diabetes is very high particularly among some populations.

A large percentage of people with diabetes will develop problems with their feet. Statistics show that diabetes is the most common cause of lower limb amputations. Every hour 3 people with diabetes must have a foot, ankle or leg amputated. Statistics demonstrate that it is and the rate of lower limb amputation by up to 70% with proper foot care.

\*Doctor of Podiatric Medicine