



HEALTH AWARENESS

The Health Of Your Feet

(NAPSA)—If you think dry, flaky skin on your feet is nothing to worry about, think again.

Dry skin can be more than a minor annoyance, especially for people with diabetes. Of the 16 million Americans with diabetes, 25 percent will develop clinical signs of xerosis, or extremely dry skin on the heels of their feet. One reason is that diabetes causes reduced perspiration, especially with the skin on the feet.

The skin on xerotic heels is perpetually prone to cracking and scaling. Thankfully, the most common of foot problems for diabetics can be remedied with a little extra care and attention.

Manage Your Diabetes: Make healthy lifestyle choices to help keep your blood glucose (sugar), blood pressure, and cholesterol close to normal. Doing so may help prevent or delay diabetes-related foot problems as well as eye and kidney disease.

Check Your Feet Every Day: You may have serious foot problems, but feel no pain. Check your feet for cuts, sores, red spots, swelling, and infected toenails. Find a time (evening is best) to check your feet each day. Make checking your feet part of your everyday routine.

Use Appropriate Products: Although most people apply body lotions to dry, cracked feet, these moisturizers are not designed for skin on feet, which is almost three to five times thicker than skin on the rest of the body. When it comes to treating diabetic skin, experts recommend using an intensive moisturizer to heal and protect skin.

One such moisturizer is dermatologist-recommended Eucerin Plus Intensive Repair Foot Creme, which is clinically proven to smooth and restore feet in just



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two weeks. With a unique combination of gentle exfoliators and effective moisturizers, it quickly helps heal rough skin and cracked heels.

Trim Your Toenails: An ingrown nail is not only unsightly, it can even make walking painful. Trim toenails straight across and smooth them with a nail file; do not cut into the corners of your toenails. Aside from improper trimming, a nail that curves too much or excessive pressure from tight shoes is usually to blame.

People with diabetes must be aware of how to prevent foot problems before they occur, to recognize problems early and to seek the right treatment when problems do occur. Although treatment for diabetic foot problems has improved, a little extra attention remains the best way to prevent problems.

For more information, visit www.EucerinUS.com.