

# Foot Notes

## A Family Issue: Diabetes And Footcare

(NAPSA)—Proper foot care for people living with diabetes is essential. It can mean the difference between living a life where you are free to care for your family and friends, or having to be the one who is cared for.

That's why the Interamerican College of Physicians and Surgeons (ICPS) has launched an awareness campaign about the importance of proper foot care among Hispanic-Americans with diabetes.

According to the Centers for Disease Control and Prevention, about two million Hispanic-American men and women over the age of 20 have diabetes. Many of those are at risk for foot complications because of poor blood circulation in their legs and feet, and their body's ability to fight infection is compromised.

One condition that poses a threat to people with diabetes is toenail fungus. It's an unsightly and potentially painful infection that lives under the toenail and can cause changes in the color, texture and thickness of the nail, as well as difficulty walking. If left untreated, the condition can lead to skin or bone infections, and the inability to walk, leading to loss of mobility and independence in the elderly.

"Prevention and self-management are key for people living with diabetes," says dermatologist Dr. Adolfo Fernandez-Obregon. "These individuals need to develop a proper foot care program with their doctor and immediately seek treatment at the first sign of problems."

There are several steps people with diabetes can take to prevent nail fungus.

- See your doctor regularly and ask for foot exams on each visit
- Avoid tight-fitting shoes or wearing the same pair of shoes every day
- Wear shoes that are completely dry
- Wear synthetic/cotton socks that absorb moisture
- Wash your feet daily; dry in-between your toes
- Avoid walking barefoot—especially around swimming



**Families caring for older members with diabetes should ensure that their loved ones focus on proper foot care.**

pools, public showers and public bathrooms.

Effective treatments for nail fungus are available by prescription. For those who cannot or choose not to take pills, Penlac® Nail Lacquer (ciclopirox) Topical Solution 8%, the first and only topical treatment for nail fungus approved by the U.S. Food and Drug Administration, may be an option. It is brushed on the nail with convenient once a day dosing, and has been proven safe and effective in clinical studies. Daily application of Penlac can serve as a helpful reminder for people with diabetes to check their feet for any problems.\*

Penlac® is a topical prescription for mild to moderate fungal nail infections. Regular visits to your health care professional for the removal of unattached, infected nails may be required. If you have diabetes, it is important to talk to your health care professional about nail care. The most common side effects are redness around nails, nail shape change, irritation, ingrown toenail and discoloration.

Ask your doctor what treatment is best for you. For more information, log on to [www.icps.org](http://www.icps.org). For Penlac prescribing information, log on to [www.penlac.com](http://www.penlac.com).

\*Patients with insulin-dependent diabetes or those with diabetic neuropathy were not included in pivotal clinical trials with Penlac®.