

# COMPLETE FAMILY FOOT CARE CENTER

340 Lumber Street, Suite B • Littlestown, PA 17340

Diabetes is a serious metabolic disease that usually affects your feet. The disease affects the way your body uses blood sugar and how it produces insulin. Today, medicine has advanced significantly in treating and preventing the dangerous effects of abnormal blood sugar conditions like hyperglycemia, ketoacidotic coma, infections, and premature death. This is both good and bad news. The good news is that people with diabetes are living longer, healthier lives. The bad news is that diabetes still causes secondary, indirect complications that affect the feet, eyes and kidneys. Diabetic foot disease is primarily caused by two complications of the disease called neuropathy and atherosclerosis (poor circulation).

Neuropathy is nerve damage of the foot causing numbness and a loss of sensation. This loss of sensation makes it difficult for a patient to distinguish between hot and cold or to realize when the foot has been cut or bruised. In a way, your feet become "unprotected" because of neuropathy. Ulcers, cuts, scrapes, burns, and other trauma to your feet can go unnoticed until it is too late to avoid serious problems like infection and gangrene.

Atherosclerosis causes a diabetic to have poor circulation, which adversely affects the legs and feet. Additionally, white blood cells which fight infection do not perform effectively when blood sugar levels are higher than normal. This can seriously compound any foot problems because the body's defenses may be unable to prevent the development of celluliti (infection of the skin), abscesses (infection of the soft tissue under the skin), or osteomyelitis (infection in the bone). This can result in foot ulcers that may not heal, gangrene, and even amputations. **IT IS IMPORTANT TO REMEMBER THAT THESE ARE DIRECT COMPLICATIONS OF THE DISEASE!**

While statistics show that early, conservative, preventative management of diabetic foot disease can effectively reduce or delay these bad results, there is no cure for diabetes and bad results may be unavoidable, even with the best of care. Unfortunately, this is the nature of the disease.

A daily foot care instruction sheet will be given to you by our office and you should follow these instructions and any specific instructions given to you at the time of your examination. It is VERY important that you keep your blood sugar under control. It is YOUR RESPONSIBILITY to see you internist or family doctor for the management of your diabetes. If you fail to do so, it will adversely affect our treatment of your feet.

We wish you the best of health and will work very hard to keep your feet in the best condition your disease will allow.

Sincerely,

Todd J. Goldberg, DPM

I have read and understand this letter and I agree to have my diabetic foot care by Dr. Todd J. Goldberg including: trimming of corns, calluses, nails; care of ulcers and other care as needed.

Patient's Signature \_\_\_\_\_ Date \_\_\_\_\_