

DON'T FORGET "DE-FEET"

Fun With Food

A HEALTHY Alternative



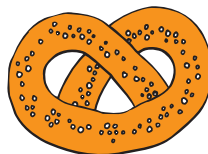
Drink plenty of plain water and non-caffeinated beverages before and during exercise. Dry skin and unhappy feet can be caused by dehydration.

Take a snack for those longer walks. Granola bars (24 g of carbohydrate and no more than 5 gm of fat), packaged cheese and crackers, or dried fruit (2 Tbsp or small box of raisins) are portable.



Carry glucose tabs, juice, or Gatorade in a fanny pack in case of low blood sugar.

Make your own snack mix with heart healthy nuts, and small amounts of dried fruit and pretzels.



Use It Or Lose It



Feet provide the foundation of our body. Good foot care includes keeping those feet active!

Walking is the

cheapest, safest way to improve circulation and maintain overall fitness.

- Walk safely! Use shoes with adequate padding around the heel and toes, wear shoes that fit, and use socks that don't rub or get soggy with sweat.
- Check your feet every day and call your provider if you notice:
 - ✓ Color changes
 - ✓ Numb or painful feet
 - ✓ Swelling
 - ✓ Red Spots
 - ✓ Hot Spots
 - ✓ Cracks or sores
 - ✓ Ingrown toenails
- Burning, painful feet are no excuse to stop moving. Talk to your doctor about correct footwear, and take several shorter walks during the day.
- Count your minutes per day to meet and increase fitness goals.
- Buy a pedometer (most stores have them for \$20.00 or less) to chart your progress by "steps per day".

CLINIC CONTACT

The Medicine Chest:



Lotions and Potions for your feet



Use lotions that don't have alcohol or perfumes. Lotions such as Eucerine help dry feet recover.

Baby oil, massage oil, and good old Vaseline at night and in the mornings will do wonders for dry, cracked feet.



Don't soak feet in hot or warm water, it can be dangerous and it dries them out.



Cold feet at night? Wear socks to bed.

Don't use a heating pad next to bare skin.

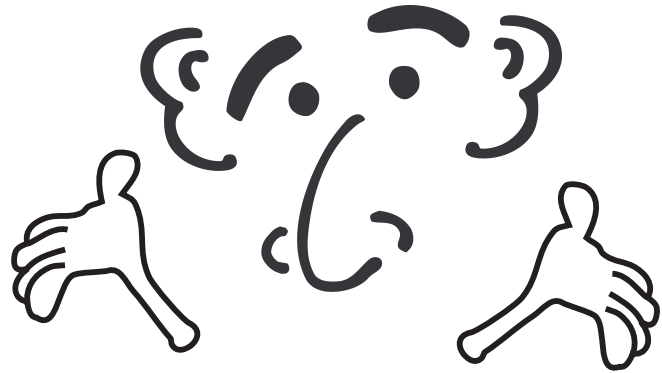


Taking Your Emotional Temperature

Feeling blue and just down, emotionally? Take your feet (and the dog) for a walk!



Always celebrate what your body can do by: moving, smelling, enjoying the beauty you can see, listening, and touching (your cat, a hug from loved one, the feel of a soft piece of clothing).



What's New?

Medicare will provide shoes (one pair a year), for people with neuropathy. Be sure to get a referral from your Primary Care Provider.



Say "No" to cotton socks for walking or hiking. Wool socks, or any socks made with technical fabrics that "wick" away moisture are more comfortable and better for your feet.

Sports beverages: use only as a "liquid sugar" to treat lows, not for fluid replacement.

Walking and hiking shoes are now using new materials. Many have built in orthotics and are lightweight.



This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2003.

