

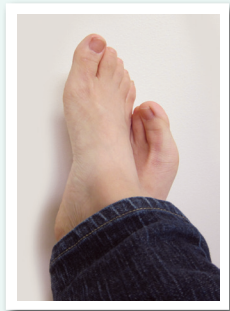
XI. 糖尿病足部護理

糖尿病如何影響足部

- 高血糖可導致足部神經病變：因神經功能受到損傷糖尿病患者下肢及雙腳對痛覺及冷熱溫度之感覺變遲鈍。
- 高血糖可導致血管炎症及血液循環不良：血液流至下肢及足部減慢及不足，傷口及感染難以治癒。

常見糖尿病足部問題

- 雞眼和老繭
- 水泡
- 腳指甲向內生長
- 腳拇趾關節發炎腫脹
- 鐵槌形腳趾
- 皮膚乾燥及爆裂
- 香港腳



糖尿病患者因上述原因，足部容易感染，而感染可能會造成組織壞死，嚴重的甚至有截肢的可能。

由於糖尿病患者的血液循環及神經系統受損，導致血液流通減慢和足部對痛楚不敏感，造成足部肌肉壞死。因此，適當的足部護理對減輕這種情況極有幫助。

XI. Diabetic Foot Care

How does diabetes affect the feet?

- High blood sugar can cause nerve damage — with damaged nerves, people with diabetes may not feel pain, heat, or cold in the legs and feet.
- High blood sugar can cause inflammation of the blood vessels and interfere with blood flow to the legs and feet, making it hard for a sore or infection to heal.

Common diabetic foot problems:

- Corns and calluses
- Blisters
- Ingrown toenails
- Bunions
- Hammertoes
- Dry and cracked skin
- Athlete's foot

People with diabetes are more likely to develop foot problems, which can lead to infections. The infection may cause gangrene (death and decay of the skin and tissue around the sore). To keep gangrene from spreading, amputation (cutting off a toe, foot, or part of a leg) may be needed.

Development of foot problems is more common in people with diabetes because of impaired circulation and nerve damage, which reduces blood flow and sensitivity to pain and discomfort. Proper foot care can prevent many of these problems.

糖尿病患者之日常足部護理

1. 每天檢查足部，確定並無傷口或感染。
2. 每天以溫水及肥皂清洗足部。小心輕抹足部(特別是趾縫之間部位)，避免大力擦乾。如有需要，可塗上潤膚液，但避免塗在趾縫之間。
3. 經常修剪趾甲，剪時應向橫而不應在兩邊角位直剪。
4. 切勿用藥物或剪刀去除硬皮和雞眼。
5. 保持足部溫暖，但不要在腳或腿上使用熱水袋或加熱墊。
6. 不要赤足走路。
7. 穿著舒適的鞋子，避免穿著無保護趾部及跟部的涼鞋。
8. 選擇合適的襪子，不要穿過緊的褲襪。
9. 每天更換襪子。

Guidelines for Foot Care:

1. Examine feet daily to make sure there are no sores or infections.
2. Wash feet daily with soap and lukewarm water. Dry feet carefully, especially between toes (pat dry and avoid rubbing). Apply lotion if skin is dry but not between the toes.
3. Keep toenails trimmed, straight across and never dig into the corners.
4. Do not cut or apply chemical removers onto corns or calluses.
5. Keep feet warm but do not use hot water bottles or heating pads on feet or legs.
6. Do not walk barefoot.
7. Wear properly fitted shoes and avoid open-toed or open heeled shoes.
8. Wear properly fitted stockings. Avoid tight pantyhose or socks with elastic bands.
9. Change socks and stockings daily.

詢問醫生有關足部護理的問題

- 如有足部問題，儘快通知醫生。
- 每次看門診時，要求醫生檢查雙腳。在醫生進入檢查房前，先脫掉鞋子及襪子。
- 要求醫生檢查足部的血液循環及腳部的感覺。
- 若你不能自行修剪腳指甲或有足部問題時，要求醫生推介一位足科醫生。

美國糖尿病協會建議至少每年做一次詳細的足部檢查。



Involve Your Doctor in Foot Care

- Tell your doctor right away about any foot problems.
- Ask your doctor to look at your feet at each checkup. Take off your shoes and socks before the doctor comes into the room.
- Ask your doctor to check the circulation and sensation of your feet.
- If you cannot cut your toenails or you have a foot problem, ask your doctor to send you to a foot doctor.

The American Diabetes Association recommends a comprehensive foot exam at least once a year (more often for patients at high risk for foot problems).

