



Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems

National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases



[Click here](#) if your download doesn't start automatically

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems

National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems

National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases

National Hospital Discharge Survey Data indicate that 86,000 people with diabetes in the United States underwent one or more lower-extremity amputations in 1996. Diabetes is the leading cause of amputation of the lower limbs. Yet it is clear that as many as half of these amputations might be prevented through simple but effective foot care practices. The 1993 landmark study, the Diabetes Control and Complications Trial funded by the National Institute of Diabetes and Digestive and Kidney Diseases, conclusively showed that keeping blood glucose, as measured by hemoglobin A1c, as close to normal as possible significantly slows the onset and progression of diabetic nerve and vascular complications, which can lead to lower extremity amputations. People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation, and poor healing of foot ulcers. All of these conditions contribute to the high amputation rate in people with diabetes. The absence of nerve and vascular symptoms, however, does not mean that a patient's feet are not at risk. Risk of ulceration cannot be assessed without careful examination of the patient's bare feet. Early identification of foot problems and early intervention to prevent problems from worsening can avert many amputations. Good foot care, therefore, is an essential part of diabetes management – for patients as well as for health care providers. This kit is designed for primary care and other health care providers who counsel people with diabetes about preventive health care practices, particularly foot care. "Feet Can Last a Lifetime" is designed to help you implement four basic steps for preventive foot care in your practice: Early identification of the high risk diabetic foot, Early diagnosis of foot problems, Early intervention to prevent further deterioration that may lead to amputation, and Patient education for proper care of the feet and footwear.

 [Download Feet Can Last a Lifetime: A Health Care Provider's Gui ...pdf](#)

 [Read Online Feet Can Last a Lifetime: A Health Care Provider's G ...pdf](#)

Download and Read Free Online Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases

Download and Read Free Online Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases

From reader reviews:

Irving Brehm:

Have you spare time for a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a walk, shopping, or went to the particular Mall. How about open or read a book titled Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems? Maybe it is being best activity for you. You understand beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have some other opinion?

Clarence Duncan:

Do you have something that you want such as book? The book lovers usually prefer to select book like comic, quick story and the biggest one is novel. Now, why not attempting Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems that give your entertainment preference will be satisfied by means of reading this book. Reading routine all over the world can be said as the means for people to know world much better then how they react when it comes to the world. It can't be explained constantly that reading habit only for the geeky particular person but for all of you who wants to become success person. So , for every you who want to start examining as your good habit, you could pick Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems become your personal starter.

Joseph Whitely:

Is it you who having spare time and then spend it whole day through watching television programs or just telling lies on the bed? Do you need something totally new? This Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems can be the respond to, oh how comes? A book you know. You are thus out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

Edward Franco:

As a student exactly feel bored to be able to reading. If their teacher requested them to go to the library as well as to make summary for some book, they are complained. Just tiny students that has reading's heart or real their leisure activity. They just do what the teacher want, like asked to go to the library. They go to there but nothing reading very seriously. Any students feel that reading through is not important, boring in addition to can't see colorful photographs on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Feet Can Last a Lifetime: A Health Care Provider's Guide to

Preventing Diabetes Foot Problems can make you truly feel more interested to read.

Download and Read Online Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases #O0VF5JDHERS

Read Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases for online ebook

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases books to read online.

Online Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases ebook PDF download

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases Doc

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases Mobipocket

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems by National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases EPub