Because feet of diabetic patient need protection
因为糖尿病人的脚需要保护

Diabetics' Foot

Diabetes is a common disease in Singapore and in some cases, it may lead to foot problems. Diabetic foot conditions arise due to many reasons including poor circulation and neuropathy

在新加坡，糖尿病是一种常见的疾病。在某些情况下，它可能会导致脚出现问题。导致糖尿病足出现原因很多，包括血液循环不畅和神经系统削弱。

Diabetics: a high-risk population in chiropody because of often have extreme feet dryness, frequent microcirculatory problems, risks of infection

糖尿病患者是高风险人群，因为脚极度干燥，经常有血液循环问题，并容易受感染。

Severe plantar complications:

Gradual loss of sensitivity, infected wounds which may result in amputation

严重的足底并发症：敏感度逐渐下降，感染的伤口可能导致截肢。

Prevention is essential

and requires close monitoring and good daily foot hygiene

预防是必要的，必须密切关注和维持良好的日常足部卫生。

Dry feet & cracked heel Prevention & Care

Common causes:

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- Exposure to cold or hot weather if you always walk barefoot or in sandals.
- Exposure to harsh chemical in floor detergent when you mop your floor or wash your bathroom floor.
- Using strong body soap or skin cleansers that strip protective oils from the skin or leave irritating residues
- Aging : Hormonal and metabolic changes over time decrease skin cell turnover. The skin & protective fat pad on the sole of the foot gets thinner.
- Medical conditions such as eczema, psoriasis, diabetes, athletes foot or fungal infection & poor circulation.

Prevention & Care:

- Avoid walking around barefooted. Wear well fitted sock & shoe when you go out & well cushion house sandals with sock at home when necessary.
- Wear non slippery house slipper or sandals when you mop your floor or wooden clogs or bath slipper when you wash your bathroom floor.
- Use body soap or skin cleanser that are gentle on the skin. Your skin should not feel tight after washing with the cleanser.
- Use rich & specially formulated foot cream to moisturise and nourish the skin on the foot daily.

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Improving Chiropodic Conditions in Skin Dryness

PEDiMate
ADVANCED Formula
Foot & Leg Care Cream

- Cracked Heel
- Very Dry Feet/Leg
- Extreme Skin Dryness
- Rough Skin

Protect & Repair

Made in Italy

Formula adapted to the daily need of the foot

PEDiMate ADVANCED Formula Foot & Leg Care Cream

Protects and Repairs

Improving CHIROPODY Conditions

"**Pedimate** is endowed with formulation that is particulary suitable for the daily care of feet"

"Provides 4 pronged action efficacy"

PROBLEM	PROTECTION BY	
Premature Foot Dryness & Rough Skin	**Urea, Lactic Acid.** Moisturizing, correct hydration status of the skin Helps to eliminate dead cells on the skin surface	*Moisturizes*
Skin Cracks Easily	**Vitamin E.** Helps to restore elasticity and suppleness of the skin	*Nourishes*
Slow Microcirculation	**Ruscus Aculeatus Extract, Tocopheryl acetate** Massage into skin to help enhance microcirculation	*Promotes microcirculation*
Risk of Fungal Flora Proliferation	**Pirotone Olamine** Purifying action on fungi flora	*Purifies*

Made in Italy

Indications

PediMate is especially recommended as a chiropodic care in the case of extremely dry feet/leg. Also suitable for diabetics as part of regular foot care.

Directions for use

Apply to the affected area, then gently massage into the skin.
Use the cream twice daily on thoroughly cleansed feet/leg.

Imported by: **Le Care Pte Ltd**
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Tel: 9091 0685

Foot Care for Diabetic

Top 10 tips

Caring for the feet of a diabetic is simple if you respect a few everyday rules and regularly consult a chiropodist.

- Inspect your feet every day using a mirror (the soles of the feet, between the toes, etc.)
- Immediately inform your doctor of any wounds you may have or an unusual skin color
- Wash your feet every day with soap and warm water (for no more than 5 minutes) then thoroughly dry
- Cut your nails straight across, being careful not to cut them too short, and round off the edges; do not use metal nail files
- Regularly have your feet checked by a chiropodist who knows that you are diabetic
- Choose socks made of natural fibers (cotton, lisle) and change them every day
- Choose comfortable shoes, supple and ample; ideally you should do your shoe-shopping towards the end of the day when your feet are "swollen".
- Be careful to avoid situations that may put your feet at risk of burning or chilblains
- Never walk barefoot, even at home, and check there is nothing inside your shoes before putting them on
- Do not let calluses develop; apply moisturizer on your feet every day