

PRESS INFORMATION

GEHWOL Diabetes Report 2014

Let's not forget the feet

Diabetes is becoming the number 1 people's disease. More and more people suffer from high blood sugar. The illness often also affects the feet. But they frequently receive insufficient care, as shown by the GEHWOL Diabetes Report 2014.

Two thirds of patients (63 percent) consequently do not even know that they have to pay attention to their feet. 53 percent stated that they did not obtain regular prevention visits with a podologist. Even at home, nearly half of those surveyed (45%) only performed foot care occasionally if at all, and rarely consistently. For this report, GEHWOL and the market research specialists IDS and INSIGHT HEALTH questioned 3459 diabetics out of the treatment pool of 369 physicians' practices and evaluated the results.

Diabetics trust the expertise of physicians, diabetes consultants and foot care providers for the right foot care. Diabetics keep their feet fit with the tips of physician and podologist Dr. Renate Wolansky:

- Pay special attention to injuries, foreign bodies, blisters and fine cracks during the daily foot inspection (using a mirror).

- Bathe your feet for no longer than three minutes, and not too hot (water temperature 37 to 38 degrees Celsius, check with a bath thermometer).
- Dry your feet with a soft towel, and use a cotton swab between the toes. Absolutely do not use a blow dryer, heated cushion or warming bottle (risk of burns).
- When performing your own foot care, do not use sharp instruments which may cause injuries. For instance, use a sand file to shorten the nails instead of pointed shears or other potentially injuring instruments.
- File your toe nails so that the edge is always straight and flush with the tip of the toe.
- Apply cream to your feet every day. Use a urea containing cream or lotion with a sufficiently high lipid and moisture content so that the skin barrier does not dry out, and stays resistant. Use products with effective antifungal protection.
- Avoid pressure spots. Wear soft, comfortable shoes which are wide enough and have no seams on the inside. Regularly feel the inside for foreign bodies. Pressure relief cushions which are made from polymer gel also prevent callus weals.
- Regularly have an expert check your socks and shoes.
- Always wear shoes with clean, freshly washed socks.
- Do not go barefoot, even at home. Please see a doctor immediately if you have wounds, inflammation or blisters.

Expert: Dr. Renate Wolansky

After studying human medicine at the Martin Luther University of Halle-Wittenberg, Dr. Renate Wolansky qualified as a physician at the Medical Academy of Magdeburg. The doctor then obtained continued education as a specialist in orthopaedics and sports medicine. She has worked as a senior physician, orthopaedist and sports physician, respectively teaching at various institutions. In 1994, she acquired the additional qualification of "Medical Foot Care Provider". Since 1998, she has taught podology at several educational institutions. The expert has also published numerous books and writes for recognised expert organs.

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