Diabetes

It occurs when your body does not produce enough insulin or the insulin produced in the body is not used effectively. Your body can not get the energy it needs from the food it consumes without insulin.

Complications of Diabetes:

Two important complications of diabetes include damage to the arteries of the eye due to diabetes and damage to the nerves, especially the nerves in the feet.

Ocular complications: Damage to the small vascular system in the eye is a long-term complication of diabetes. Long-term diabetes causes thickening of the ocular arteries and ocular bleeding.

Feet nerve damage:

It affects most of the nerves in the feet, which are symmetrical, and this nerve damage can cause numbness in the feet.

Clinical symptoms

Symptoms of bleeding eyes include: spots and flies in the field of vision or sudden changes in vision in the form of spots or blurred vision or complete loss of vision.

Symptoms of feet nerve injury include: Tingling of the feet, burning of the feet, especially at night, which are numb with the progression of the disease and reduces the awareness of the condition and movements of the feet. Decreased pain and temperature in the feet can also be seen.

People at risk:

Duration of diabetes more than 10 years, age over 40 years, history of smoking, loss of sensation in the feet, congenital malformations (such as corns and calluses and hammer toes), history of previous foot ulcers or amputation due to diabetes

Almost all patients who have had diabetes since childhood and more than 60% of patients who develop diabetes in adulthood develop some degree of ocular complication after 20 years.

Note:

Ocular complications of Diabetes are a painless process and is the leading cause of blindness in people aged 20 to 74 years.

Treatment:

The primary focus of treatment for these patients is primary and secondary prevention.

Control of high blood pressure, control of blood sugar, non-smoking

Necessary trainings:
The best way to maintain vision is to have frequent and regular eye examinations and blood sugar control, as this makes it possible to diagnose any ocular complications.

In the case of foot nerves, preventive foot care begins with a thorough daily examination of the foot: the feet should be examined daily for redness, blisters, cracks, calluses, or sores and changes in skin temperature and for hammer or corns.

Daily blood sugar control is very important.

Daily examination of the feet, especially between the toes for wounds and redness, keeping the feet clean and dry, keeping the skin of the feet soft and smooth, trimming the toenails, using appropriate and comfortable socks and shoes, protecting the feet in cold and heat, keeping the blood flow in the feet (when sitting the feet should be higher), do not cross the feet for a long time, do not treat your foot problems.

If you have any questions or ambiguities, call the following number:

023-34222234, Motamedi Hospital