wellion®

Your AUSTRIAN health brand

YOUR GUIDE TO DIABETES AND THE FOOT



wellion
CALLA light



NO CODE

- LARGE NUMBERS
- MEALTIME MARKERS
- SIMPLE USE

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THE MEDICAL SERVICES COMPANY

„Walk and be happy; walk and be healthy." **Charles Dickens**

Our aim with this guide is to remind you to take care of your feet. We usually take our feet for granted until they start to hurt or cause discomfort.

The tips and information compiled in this guide will help you maintain healthy feet in the long term.

Should you have any problems or further questions, please contact your diabetes team or your doctor in strict confidence.

Best regards,
your MED TRUST team

„Walking is man‘s best medicine.“

Hippokrates

To everyone who cares about their feet!











- **NO CODE**
- **KETONE MEASUREMENT**
- **ILLUMINATED TEST STRIP PORT**

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A look below

The foot consists of 26 bones, 114 ligaments and 20 muscles, providing it with mobility and stability. Hundreds of nerve fibres constantly carry information from the foot to the brain, such as messages about temperature, the position of the foot and joints, the pressure conditions inside a shoe and the characteristics of the path underfoot. To maintain all of these functions, good blood circulation must be ensured.
Individuals with diabetes may develop nerve damage and disruptions to the blood flow in the feet. More information is provided on the following pages of this guide.

Disrupted blood flow

Medical professionals use the term „PAD" (peripheral arterial disease) to describe disrupted blood flow in the lower extremities. Another medical term for this is „intermittent claudication". This condition is caused by a build-up of deposits in the arteries, which restricts blood supply to the legs and feet. Symptoms include a lack of pedal pulse (the pulse in your feet) and changing skin colour, turning pale or blue. Walking longer distances may cause pain or cramping in the calves, meaning it is no longer possible to walk for longer periods of time without pain. When at rest, the legs experience no pain.

Damaged nerves

Damaged nerves, also called „peripheral neuropathy“, are a common complication of diabetes and the most significant contributory factor in diabetic foot syndrome (DFS). Early symptoms of damaged nerves are disruptions to pain, touch or temperature sensation, as well as chronic pain and paraesthesia, or abnormal sensation. Patients often report symptoms ranging from feeling „pins and needles“, „tingling“ or even „burning“ to „numbness“, „lack of sensation“ and „loss of pain“ in the feet. These complaints usually occur when the legs are at rest and improve when the patients walk about.

Examination methods used by medical professionals:

- The professional's eyes and hands are their most important tools. They feel for the pedal pulse, assess the appearance of the feet and gain information about the skin's temperature.
- The tuning fork test checks the sensitivity of deeper layers of tissue.
- A monofilament is used to test the touch sensitivity of the subject.
- For perception of temperature changes, a test device is used to gauge the temperature sensitivity of the feet.



GLU, CHOL & UA

- EJECT BUTTON
- NO CODE (GLUCOSE)
- ADDITIONAL FUNCTION: CHOLESTEROL & URIC ACID

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- **LARGE DIGITS**
- **EJECT BUTTON**
- **GDH-FAD ENZYME**
  REDUCING THE INTERFERENCE OF OTHER SUBSTANCES

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Double the risk – diabetes and injuries

The poorly supplied tissue in combination with a reduced ability to feel pain makes the patient prone to all kinds of injuries. The smallest injury to the skin can greatly deteriorate in just a few days, leading to chronic wounds. The longer a wound is left without professional assessment and care the lower the chance of healing. Possible causes of injuries to the feet include poorly fitting shoes, foreign bodies which go unnoticed in the shoes, wrinkly socks, walking barefoot and improper foot care. Individuals with diabetes also suffer more frequently from fungal infections of the nails and feet, excessive formation of hard, callused skin and dry skin.

The first step to take when an injury occurs is to take the weight off the affected area completely and permanently. Prescribed therapeutic footwear aids the healing process in this case by preventing new tissue created by the body from being destroyed again by pressure. Regular and proper treatment of the wound, often over a very long period of time, is absolutely essential in order to prevent the risk of losing toes or even other parts of the foot.

„The feet – these marvels of the human body – deserve our attention...“

How can I prevent foot injuries?

Only by inspecting your feet on a daily basis will you be able to take note of every type of change in time, such as smaller injuries, pressure points, blisters and calluses. If your mobility is limited, a magnifying inspection glass or telescopic mirror may be helpful.

For the sake of your feet, it is important not to forego proper foot care. Excessive calluses can be gently removed with a natural pumice stone and sandpaper file, but corn parers, graters and similar pointy, sharp and metallic tools should absolutely be avoided.

The ideal water temperature for foot soaks is 30–35°. After a soak, it is important to ensure that you dry your feet completely, especially in the areas between the toes, because moist and warm skin is prone to fungal infections. Special products for your higher skin care needs have been available for several years. Regularly moisturising your skin keeps it soft and supple, improves its moisture content and maintains its natural protective barrier.



for people with diabetes



with 10% urea for particularly intensive care

Wellion SkinCareCream

Intensive skincare products, such as Wellion SkinCareCream with 10% urea, can help regulate the skin's moisture balance. This is particularly important for dry and damaged skin, where urea levels are significantly reduced, making external replenishment essential.

Scientifically proven effects of urea:

- Hydrating (binds water and the tissue is loosened)
- Antiproliferative (prevents excessive keratinisation)
- Keratoplastic-keratolytic (superfluous horny layers are removed from the skin surface)
- Regenerative (protects the skin from drying out)
- Relieves itching caused by dry skin

The Wellion skin care cream is characterised by the following benefits:

- Reduction of excessive keratinisation
- Binding of moisture in the skin
- Giving the skin a supple feel
- Protection against and elimination of itching as a result of dry skin
- Pleasant to wear due to rapid absorption

The Wellion care cream contains no fragrances, colourants or lanolin and therefore contributes to excellent dermatological tolerance.

Observation av hudtolerans under användning hos diabetiker (upprepat öppet appliceringstest) och mätning av hudhydrering (Derma Consult Concept GmbH; AB7013; MZ0024/11/045)

„That's just how people are: they blame their feet, when it's actually the shoes that are to blame."

To avoid cursing your own feet, make sure you buy suitable, comfortable shoes, made of leather if possible. Footwear should be purchased in the afternoon, because the foot often swells a little throughout the course of the day, so shoes bought in the morning may lead to pressure points in the evening. Walking barefoot is a very dangerous alternative for patients with limited nerve function, as the risk of injury is too great.

Custom-made shoe inserts help with existing foot deformities. Bespoke shoes may be helpful for extreme deformities.

When is treatment by a podiatrist necessary?

Treatment by a podiatrist may be prescribed if a definitive medical condition is diagnosed and the patient is not able to ensure the care of their feet. Amongst other things, treatment includes removing calluses and treating changes in the toenails.



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