

Q: Why is foot care so important for someone with diabetes?

A: Pavithra Ravinatarajan, Pharmacist & Director, Plan Sponsor Risk Management & Key Accounts Strategy, Manulife: "What blood sugar that spikes high or dips low in someone who is not able to control their blood sugar it actually has an impact on nerve endings and an area that you have a lot of nerve endings is your feet. And in your feet oftentimes is you don't feel if something has pierced the skin or if your shoes are too tight you can end up with conditions like an infection and for some individuals or patients who have diabetes they can actually end up with gangrene where they have to amputate their foot and their foot has to come off so foot care is really important for anyone not only who has diabetes but also prediabetes to make sure that they're taking care of their feet because it's something that can go very easily unnoticed."