



# Foot Care (Defeat Diabetes® Rules for Survival™)

*Dawn M. Swidorski*

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Diabetes is a life-altering and life-threatening disease. Unfortunately, everyone with diabetes is at greater risk for complications, including: heart attacks, strokes, kidney disease, blindness, amputations, Alzheimer's disease, dental (oral) problems and more.

7 of 10 people with diabetes suffer from at least one complication of diabetes and many of them suffer from more than one. But, these complications don't have to be the inevitable result of diabetes. The Defeat Diabetes® Rules for Survival™ series is to help people with diabetes live healthier and avoid the tragic and profound complications of the disease.

Foot Care describes the risks for diabetes related foot problems; foot care treatment at home; how to do a proper foot examination; avoiding foot complications; how to choose the right shoes; how to measure for the correct size; seeing a podiatrist and more.

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Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the e-book untitled Foot Care (Defeat Diabetes® Rules for Survival™) can be good book to read. May be it may be best activity to you.

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