

Diabetes

Diabetes is a medical condition that causes blood glucose (Sugar) levels in the body to rise higher than normal. This is also called HYPERGLYCEMIA. There are two types of Diabetes conditions.

Type I is when you are born with the condition where the Pancreas does not provide insulin, which is a hormone that decreases the amount of Glucose (Sugar) in the blood.

Type II Diabetes is when the body does not use insulin properly. This is called INSULIN RESISTANCE and generally develops over a period of time. Initially the Pancreas in Type II Diabetes, provides extra insulin to make up for the resistance. However, eventually over time it isn't able to keep up, becomes over worked and eventually can't produce enough insulin to keep the blood glucose at normal levels.

When Blood Glucose levels are too high the excess Glucose can cause several problems within the body:

- 1.) High Blood Pressure
- 2.) Affects White Blood cells which weaken the immune system.
- 3.) Cataracts, Arthritis and Lung Problems
- 4.) Hardens the small arteries in the body which decreases the blood flow to the heart, brain, kidneys, feet, hands and other organs.
- 5.) Glucose (sugar) can also get into the nerves and causes a reaction that will not allow the nerves to function normally.

The latter two (#4 and #5) are more commonly the problems which could affect the feet. When the nerves in the feet are damaged by increased Sugar from Diabetes, the body develops a condition known as NEUROPATHY. With Neuropathy, one may experience one or all of the following conditions; Tingling, numbness, burning sensation, Pain and the inability to distinguish temperature usually in the hands and feet.

When the small arteries in the feet are clogged or damaged, they may not allow an adequate amount of blood to get to the feet or toes to keep them healthy. This is especially important should a cut, scrape or abrasion occur which could easily become infected due to the 1.) lack of blood to the area, 2.) inability to feel a cut, scrape or abrasion 3.) weakening of the immune system.

FootCare Source is the Ultimate online professional store for Foot Comfort, Therapeutic and Diabetic Footwear, Products, Supplies and much more to assist with your everyday Foot Care needs. In addition, we provide Exceptional Pedicure and Spa products to beautify and relieve tired, achy feet!