



VINIFERAMINE®

TWO-STEP HOSPITAL-GRADE SYSTEM

DIABETIC SKIN CARE

Cleanses, moisturizes and protects dry, cracked, desensitized skin
Helps promote healthy skin and reduce risk of more skin damage

Diabetes Mellitus Patient Education





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Ph.D., FAPWCA**

This booklet has been written and edited by health care professionals who want to help you manage your skin and foot care. Take this booklet to your own professional and review the contents to ensure the instructions are best for you.

Diabetes mellitus is a disease that affects multiple organs including the skin and feet. It interferes with wound healing, may decrease skin sensation, and can alter the mechanical forces involved in walking. Of the many organs affected by diabetes, patients can have the most important influence on the skin by detecting problems before they become severe and getting the needed help early.

Those affected by diabetes should inspect their feet daily, perhaps most easily after showering or bathing. You should pay particular attention to calluses and cracks in the skin, which should be brought to the attention of your health care professional. By taking care of your skin and feet you can improve your own quality of life. *Bringing you products The Hospital Way™*

With warm regards,

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the bottom.

WARNING: Consult your health care provider. This booklet is provided as a guideline only. These statements have not been evaluated by the FDA.

Skin and Foot Care Are Important

Taking good care of your skin and feet will help avoid serious problems that could lead to the loss of a limb. This booklet will help you properly treat your skin and feet in a way that is consistent with guidelines established by the American Association of Diabetes Educators (AADE). A specially trained Certified Diabetes Educator should be part of your health care professional team.

There are several ways that you can help keep your skin and feet healthy:

1. Keep your blood sugar under control and monitor your average blood glucose (A1C), blood pressure and cholesterol according to American Diabetes Association (ADA) Recommendations.
2. Work with a team of health care professionals that will educate and guide you through the best possible care protocols and use this handy guide as a reminder of how to make sure your skin and feet remain healthy.
3. Prepare a written plan that is tailored to your needs and share it with your health care professionals to make sure you are doing everything possible to manage your diabetes and your skin and foot care.

Nerve damage can cause you to lose feeling in your feet. You may not feel a pebble inside your shoe or realize that your shoes do not fit well and that these problems are causing a sore or blister. Foot injuries such as these may lead to serious infections and even loss of limb.

If any of the following symptoms develop, immediately contact a member of your health care professional team:

- Loss of feeling in your feet
- Changes in the shape of your feet
- Foot sores, blisters or sores that do not heal

Here Are Some Helpful Tips

- Do not walk barefoot – not even indoors – because it is easy to step on something and hurt your feet.
- Always wear socks, stockings or nylons with your shoes to help avoid blisters and sores.
- Follow your health care professional's recommendations for your socks. Make sure they are always clean and dry.



- Do not put hot water bottles or heating pads on your feet. Wear socks at night if your feet get cold.
 - In cold weather, check your feet often to avoid frost bite. Lined boots are a good idea.
 - Elevate your feet when you are sitting. Wiggle your toes for 5 minutes, 2-3 times per day. Move your ankles up and down and in and out to improve blood flow in your feet and legs.
 - Don't cross your legs for long periods of time.
 - Don't wear tight socks, elastic or rubber bands or garters around your legs.
 - Don't smoke! Smoking reduces blood flow to your feet.
 - Develop a daily activity plan with your health care professional team.
 - Walking, dancing, swimming, yoga and bicycling are good forms of exercise.
- Never wear vinyl or plastic shoes because they do not stretch or "breathe."
 - Check the inside of your shoes before you put them on to be sure the lining is smooth and that there are no objects inside.

Getting Started

Work with your health care professional team to develop a written care plan just for you. This is a very important first step and it is the best way to ensure your skin and feet remain healthy.

1. Purchase the skin and foot care items you will need in accordance with your health care professional's suggestions. They will include items like: nail clippers, nail file, plastic mirror to check the bottom of your feet, shoes, socks, slippers, cleansing lotion and specialized moisturizing creams.
2. Wash your feet every day using warm water, not hot. Your health care professional may suggest that you use a thermometer to be sure to keep the water between 90 to 95 degrees F. Dry your feet well including between the toes.
3. Cleanse your skin and feet with a specialized non-soap product that is tailored for diabetes care. Do not use soap because it will dry your skin and not provide the moisturizing you now require every day.
4. After cleansing, apply a specialized skin moisturizing cream. Do not apply this cream between the toes.
5. Set a time every day to thoroughly examine your skin and feet, such as after bathing or before bedtime. Record your findings so you will be able to document and recall any changes in your skin when working with your health care team.
6. Keep your toenails cleaned and trimmed to avoid scratching and breaking the skin and causing infections. Wearing appropriately fitting socks (not too tight) at night can help protect against inadvertent scratching while you sleep.

Using a Clinically Proven Treatment System

Diabetes has a negative effect on your skin, and after your diagnosis you should do everything possible to take very good care of your skin. Keeping your skin properly cleansed and moisturized is an important part of your care plan.

After each application of the products, you will notice that your skin feels well moisturized and any dryness or cracking will quickly disappear, usually within 24 hours.

Specialized Diabetic Footwear

You may need special shoes or shoe inserts to prevent problems. Your health care professional team will work with you to make sure you get products that meet your individual needs.

If you have Medicare Part B insurance, you may be able to get some of the cost of the special shoes or inserts paid for. Ask your health care provider whether you qualify for:

1. One (1) pair of depth shoes* and three (3) pairs of inserts,
Or
2. One (1) pair of custom molded shoes (including inserts) and two (2) additional pairs of inserts

*Depth shoes look like athletic or walking shoes, but have more room in them for your feet. This allows for different shaped feet and toes or for special inserts to fit inside your shoes.

Conclusion

No one wants to be a statistic. But if you have been diagnosed with diabetes or pre-diabetes, you are part of a statistic, and this does have an impact on the health care system and the associated expenses. The economic cost of diagnosed diabetes in the United States is \$245 billion per year, and rising.

As with all statistics there is good news and bad news. Our goal is to help you help yourself take good care of your skin and feet. We want you to become the captain of your diabetes wellness team.

First, you need to have teammates and their selection is very important to your victory. We suggest that you ask a Certified Diabetes Educator to be on your team. These highly trained and skilled team members have dedicated their lives to helping people just like you win the diabetes fight. Now, it is time to make sure you have a specially trained physician or podiatrist who can evaluate you and be involved in your game plan. Others may be added.

You need to work with your team members to make a game plan just for you. The most important part of this plan is you. If you are willing to work hand-in-hand with the other team members and do your part every day, you will win. This victory means that you took control of your diabetes and did what was necessary to ensure the best quality of life.





VINIFERAMINE®

Two-Step Hospital Grade Kits Available

- Antifungal Skin Care
- Chronic Dry Skin Care
- Diabetic Skin Care
- Edema Skin Care
- Fragile Skin Bruising Care
- Incontinent Skin Care
- Radiation Skin Care
- Venous Skin Care

Health Care Team

Health Care Educator

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____

Physician

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____