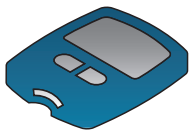


People with diabetes have a greater risk for foot problems. Taking good care of your feet can reduce the risk of foot problems associated with diabetes, including reduced blood flow and nerve damage that can lead to the amputation of a foot or leg.

TIPS FOR FOOT CARE:



Control your diabetes.

Keep your blood sugar in your target range.

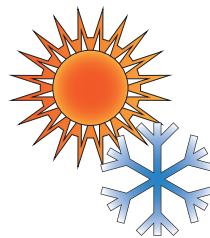


Check your shoes. Look inside your shoes before putting them on. Make sure the lining is smooth and there are no objects inside.



Inspect your feet every day.

Look at your bare feet for red spots, cuts, swelling and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.



Protect your feet from heat and cold. Wear shoes at the beach or on hot pavement. Test water before putting your feet in. Never use hot water bottles, heating pads or electric blankets.



Wash your feet every day.

Use soap and water. Dry them carefully, especially between the toes.

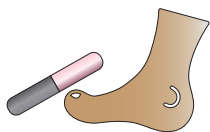


At doctor's visits, don't forget to remove your shoes and socks so your doctor can examine your feet.



Keep your skin soft and smooth.

Rub a thin coat of skin lotion over the tops and bottoms of your feet but **NOT** between your toes.



Take care of your toenails.

Ask your diabetes health team for instructions on how to take care of your toenails, when needed. Most doctors approve the use of an emery board to file your nails.



Wear shoes and socks at all times.

Never walk barefoot. Wear comfortable shoes that fit well and protect your feet.

SEEK MEDICAL ATTENTION FOR:

- Athlete's foot (cracking and/or blisters between the toes)
- Sores or wounds on the feet
- Ingrown toenails
- Increased numbness or pain
- Calluses/bunions
- Redness/infection
- Blackening of the skin
- Visit a podiatrist yearly

References: American Diabetes Association, American Orthopedic Foot & Ankle Society, WebMD, Cornerstones4care