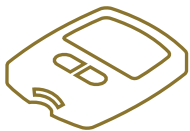


People with diabetes have a greater risk for foot problems. Taking good care of your feet can reduce the risk of foot problems associated with diabetes, including reduced blood flow and nerve damage that can lead to the amputation of a foot or leg.

## TIPS FOR FOOT CARE:



### Control your diabetes.

Keep your blood glucose in your target range.



**Check your shoes.** Look inside your shoes before wearing them. 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 hot 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.

Dry them carefully, especially between the toes.



**Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for five minutes, two or three times a day. Don't cross your legs for long periods of time.



### 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.



### Trim your toenails, when needed.

Trim your toenails straight across and file the edges with an emery board or nail file.



### 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
- Hammer toes (when the middle joint of toes is permanently bent downwards)

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