

FOOT CARE FOR PEOPLE WITH DIABETES

People with diabetes must take special care of their feet.



Follow these simple steps EVERY DAY to help prevent problems with your feet:

1. Wash your feet every day with lukewarm water and mild soap.
2. Dry your feet well, but do so without rubbing too hard. Be sure to dry well especially between your toes.
3. Put a moisturizing lotion on your feet every day to keep the skin from being too dry and cracking. **DO NOT** put lotion between your toes.
4. Look at your feet every day. You may need to use a hand mirror to see all parts of your feet. Look for any cuts, blisters or sores. Tell your doctor if you find something wrong.
5. If you cut your toenails, cut them **STRAIGHT** across to prevent in-grown toenails. It is better to use an emery board to shape your toenails so that they are even with the ends of your toes.
6. Change daily into clean, soft socks or stockings that are not too big or too small.
7. Keep your feet warm and dry. Always wear shoes that fit well and have closed in toes and heels (not sandals).
8. **NEVER WALK BAREFOOT** indoors or outdoors.
9. Check your shoes every day for cracks, rocks, pebbles or anything that could hurt your feet.

Take good care of your feet --- and use them.

A brisk walk every day stimulates the circulation.