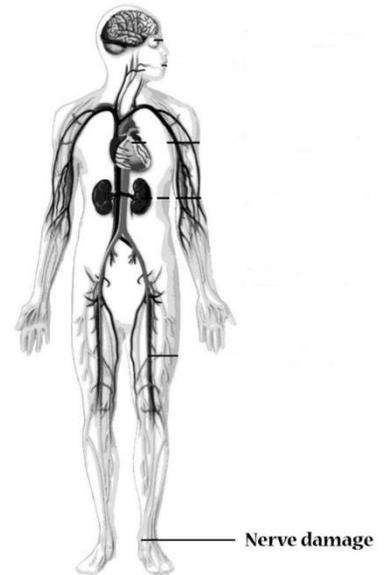


Foot Care and Diabetes

Nerve damage caused by high blood sugar can cause problems for your feet. You may lose feeling in your feet, which makes it hard to know if you have a sore or blister. Foot injuries are slow to heal, and infections are common. In the worst case scenario, amputations are required.

Proper foot care is an important part of diabetes management. You can take care of your feet.

- Do not go barefoot, even at your own house.
- Inspect your feet daily. Use a mirror and look closely at the bottoms of your feet. Also look between your toes for open sores, cuts, blisters, or skin color changes. Ask a family member for help if necessary.
- Wash your feet daily with lukewarm water.
- Keep your toes and the space in between toes clean and dry.
- If your feet become excessively dry, use lotion on the top and bottom of your feet. Do not get the lotion between your toes.
- Avoid exposing your feet to extreme temperatures.
- Trim nails straight across – do not round corners of the nails.
- Do not cut corns or calluses yourself.
- Do not use commercial corn or callus removers, foot pads or arch supports unless instructed to by your health care provider.
- Do not use adhesive tape on your feet.



Tell your health care team if you develop an open sore, cut, or blister on your foot, or if a callus or corn appears.

Wearing the right shoes is important:

- Wear only comfortable, well-fitting shoes. Have the clerk fit them for you. Walk around in them before buying.
- Buy new shoes late in the day. Feet get a little bigger during the day and shoes that fit in the morning may be too tight by noon.
- Choose shoes with soft leather uppers that can mold to the shape of your feet. Walking or running shoes may be better for your feet.
- Do not wear sandals or shoes with open toes or heels. Avoid shoes with thongs between the toes.
- Have your medical provider or podiatrist check your new shoes to be sure of proper fit and construction.
- Check your feet after wearing new shoes for signs of redness or blisters. Call your health care provider if you see these signs of foot damage.
- Always check the inside of your shoes for anything that could hurt your feet before you put them on.



Always wear shoes with socks or stockings.

- Wear only clean socks, and change them daily.
- Inspect socks or stockings carefully for tears or holes before and after wearing them.



My foot care goal:
