

Caring For Your Feet With Diabetes

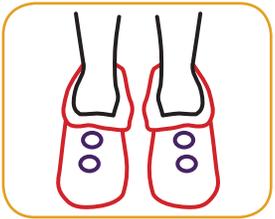


Having diabetes can put you at risk for foot injuries.

If you lose feeling in your feet, you may not know when you get a cut, blister or sore. This can lead to an infection that does not heal, which can cause more serious problems in your feet and legs.

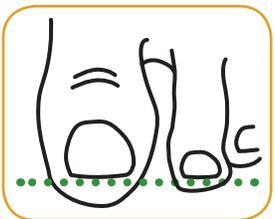
Get to know your feet.

Check all sides of your feet and toes every day for differences like blisters, cuts, sores, redness, swelling or color changes. It's important to show your provider any concerns you have about your feet right away.



Here's how to keep your feet safe at home:

- Always wear closed shoes or slippers. Be careful when you put on your shoes.
- Wash your feet with warm water and soap. Dry your feet well, especially between your toes. Do not soak your feet.
- File or cut your toenails straight across. The best time to trim your toenails is after bathing. Avoid cutting into corners.
- Moisturize your feet to prevent your skin from cracking. Use lotion without alcohol and avoid putting lotion between your toes.
- Avoid using tools or drug-store items to remove things like warts on your own. Ask your provider about warts, corns, or calluses.



Caring For Your Feet With Diabetes *continued*



Here's how to keep your feet safe outside your home:

- Ask your provider for a podiatry consultation. This can help you with your foot care and determine if you qualify for diabetic shoes.
- Never walk barefoot outdoors. Wear closed shoes that fit you well and do not give you blisters or other problems.
- Wear white socks or stockings to protect your feet. They should not have thick seams.
- Pedicures are risky and not recommended. If you choose to get one, let them know that you have diabetes. Make sure the equipment is sterilized, avoid metal tools and ask for your toenails to be filed and not cut.

To schedule a foot exam, call your health center or talk to your provider.

We're here to help.