

Foot Care for People with Diabetes

CHANGINGlife
WITHDIABETES

People with diabetes have to take special care of their feet.

You should have a comprehensive foot exam every year.

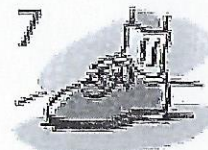
This page shows some more things you can do to keep your feet healthy.



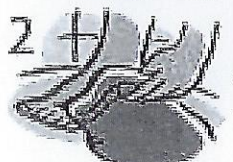
1 Wash your feet in warm water every day.



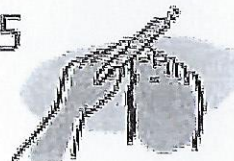
4 Inspect your feet every day for cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



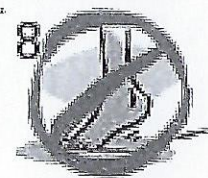
7 Keep your feet warm and dry. Always wear shoes that fit well.



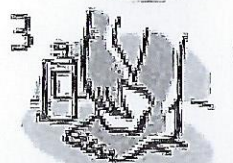
2 Dry your feet well, especially between the toes.



5 Ask your diabetes care team how you should care for your toenails.



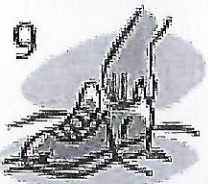
8 Never walk barefoot indoors or outdoors.



3 Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



6 Wear clean, soft socks that fit you.



9 Examine your shoes every day for cracks, pebbles, nails, or anything that could hurt your feet.

Take good care of your feet – and use them. A brisk walk every day is good for you.