



Diabetes Education

Caring For Your Feet

Reminder: Be more active.

- Ask your doctor to help you plan a daily activity program that is right for you.
- Walking, dancing, swimming, and bicycling are good forms of exercise that are easy on the feet.
- Avoid activities that are hard on the feet, such as running and jumping.
- Always include a short warm-up and cool-down period.
- Wear athletic shoes that fit well and that provide good support.

Do you want to avoid serious foot problems that can potentially lead to a toe, foot, or leg amputation? It's all about taking good care of your feet.



Check your feet every day.

- Make checking your feet part of your every day routine. Check for cuts, sores, red spots, swelling, and rough toenail edges.



Wash your feet every day. (Keep the skin soft and smooth.)

- Wash your feet in warm, not hot water. Do not soak your feet because soaking dries out skin.
- Dry your feet well. Be sure to dry between your toes. Try using talcum powder or cornstarch to keep the skin between your toes dry.
- Rub a thin coat of skin lotion or cream on the tops and bottoms of your feet to keep your skin healthy. *(Do not put lotion or cream between your toes, because this might cause an infection.)*



Be careful with corns and calluses.

- If you have corns and calluses, check with your doctor or podiatrist about the best way to care for them.
- If your doctor tells you to, use a pumice stone to smooth corns and calluses after bathing or showering; rub gently in one direction to avoid tearing skin.
- Do not cut corns and calluses. Don't use razor blades, corn plasters, or liquid corn and callus removers - they can damage your skin.



Trim your toenails when needed.

- Trim toenails straight across and smooth them with an emery board or nail file.
- Don't cut into the corners of the toenail

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Caring For Your Feet (cont.)



Reminder: Visit your podiatrist regularly.

- Don't wait to treat a minor foot problem. Report foot injuries and infections to your doctor immediately.

- Always follow your health care provider's guidelines and first aid guidelines.

Know your ABC's of diabetes:

reach your goals:

✓ EVERY 3-6 MONTHS
• A1c: Below 7%

✓ EVERY VISIT
• Blood Pressure:
Below 130/80mmHg

✓ ONCE A YEAR
• Cholesterol LDL:
Below 100mg/dL



Wear shoes and socks at all times.

- Always wear socks with your shoes to help avoid blisters and sores.
- Choose clean, lightly padded socks that fit well. Socks that have no seams are best.
- Never walk barefoot. Wear shoes that fit well and protect your feet. *(avoid wearing sandals.)*



Protect your feet from hot and cold.

- Put sunscreen on the top of your feet to prevent sunburn.
- Do not put hot water bottles or heating pads on your feet.
- Wear socks at night if your feet get cold. Lined boots are good in winter to keep your feet warm.
- Check your feet often in cold weather to avoid frostbite.



Keep the blood flowing to your feet.

- Put your feet up when you are sitting.
- Wiggle your toes and move your ankles up and down and in and out for 5 minutes, 2-3 times a day.
- Don't wear tight socks, elastic or rubber bands, or garters around your legs.
- Don't smoke. Smoking reduces blood flow to your feet.
- Work with your health care team to control your blood glucose, blood pressure and cholesterol.

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Living
Now**



"America's First Choice for Healthcare."