

Proper Foot Care

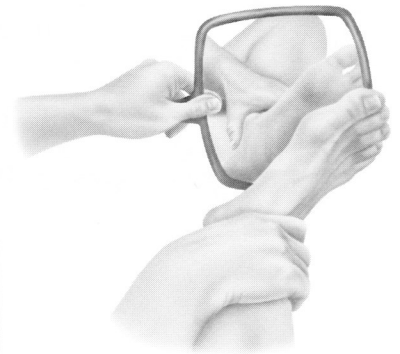
Proper foot care is an important part of diabetes management. To avoid serious problems, follow these important self-care tips:

Check Your Feet Daily

Check the tops and bottoms of your feet, especially between your toes. If you can't see the bottoms, use a mirror.

LOOK FOR:

- Skin color changes
- Pain in legs
- Ingrown or fungal toenails
- Corns or calluses
- Swelling of foot or ankle
- Open sores that are slow to heal
- Dry cracks in the skin



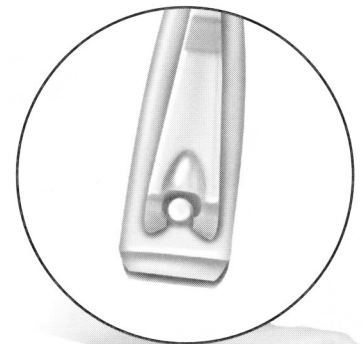
Wash Your Feet Daily

- Wash your feet with mild soap and lukewarm water in the morning or before you go to bed.
- Gently dry your feet with a soft towel, especially between the toes.
- Use moisturizing lotion (not between toes) to keep skin from cracking.



Cut Toenails Regularly

- Cut your toenails straight across. Use toenail clippers with a straight edge.
- Never cut into corners. This could trigger an ingrown toenail.
- Cut your toenails after bathing, when they are easiest to trim.

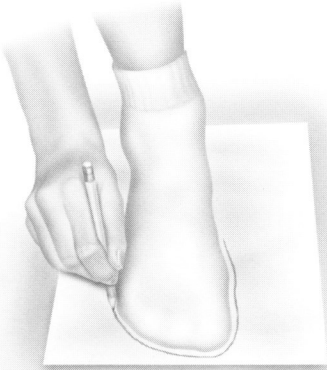


See your healthcare provider immediately if you recognize any foot problems.

Proper Footwear

Proper footwear plays a major role in preventing foot problems associated with diabetes. Follow these tips before buying or putting on a pair of shoes:

Measure Your Feet

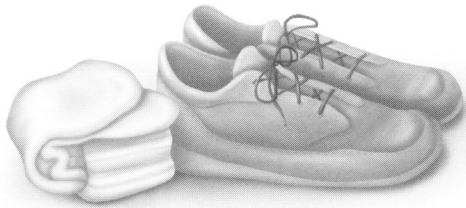


The size and shape of your feet can change over time. Have your feet measured before buying a new pair. If an experienced shoe fitter is not around, you can fit yourself. Here's how:

1. Trace an outline of your foot on a piece of paper.
2. Place the shoe over the outline.



Choose the Right Shoes



- New shoes should be sturdy and comfortable. They must fit the length and width of the foot (leave room for toes to wiggle).
- Always wear socks or stockings with your shoes. Socks made of wool or 100% cotton offer the most protection. They also keep your feet warm and dry.
- Break in new shoes slowly by wearing them for only one or two hours at a time.

Things to Avoid:

- Do not wear high heels, sandals, and pointed-toe shoes. They put excess pressure on your feet.
- Do not walk barefoot, even in your home or at the beach.
- Do not wear mended or seamed socks. They can cause blisters or skin injuries.
- Do not wear nylon stockings if you're being treated for an infection.

