

Foot Care for People with Diabetes

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



1 Wash your feet daily with lukewarm water and soap.



2 Dry your feet well, especially between the toes.



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



4 Check your feet for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



5 Use an emery board to gently shape your toenails straight across. Do not use scissors or nail clippers.



6 Wear clean, soft socks that fit you.



7 Keep your feet warm and dry. If you can, wear special padded socks and always wear shoes that fit well.



8 Never walk barefoot indoors or outdoors.



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 your feet.**

For more information, call the *Keeping Well With Diabetes* Tip Line at 1-800-260-3730 or visit us online at kwwd.com.

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