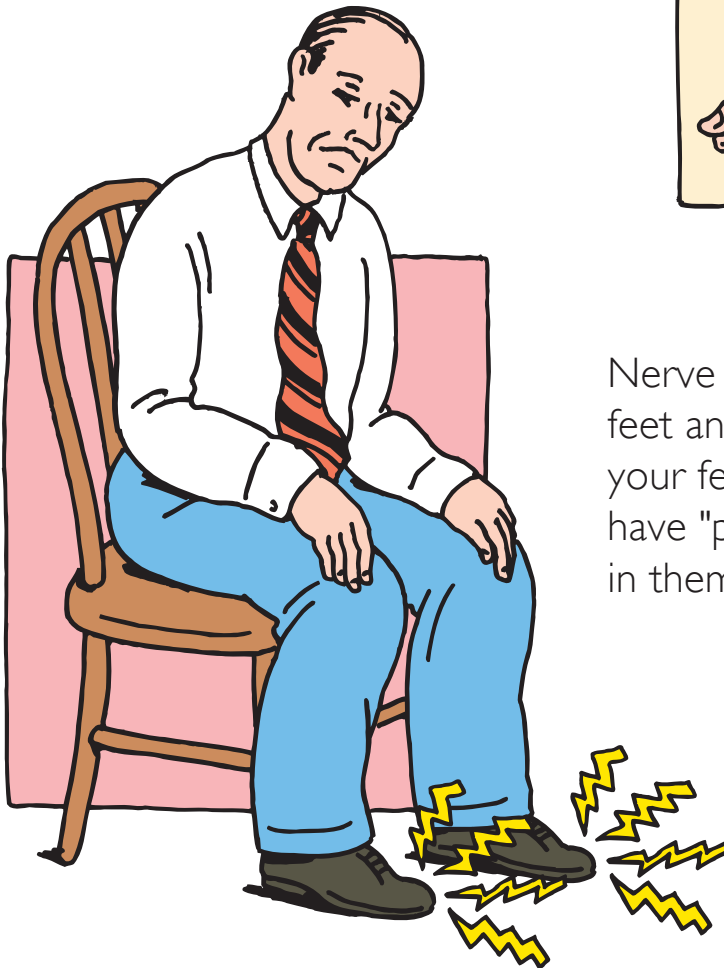
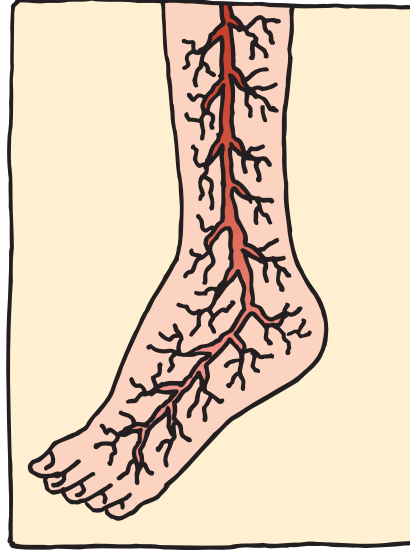


DIABETES AND YOUR FEET



When you have diabetes, it is important to take care of your feet.

High blood sugar can damage the nerves in your feet and cause blood flow problems.



Nerve damage in your feet and legs can make your feet feel like they have "pins and needles" in them.

You may also lose feeling in your feet and not be able to feel pain, pressure, heat or cold. Then if you have a sore, blister, or injury, you may not know it right away. The sore can become infected.

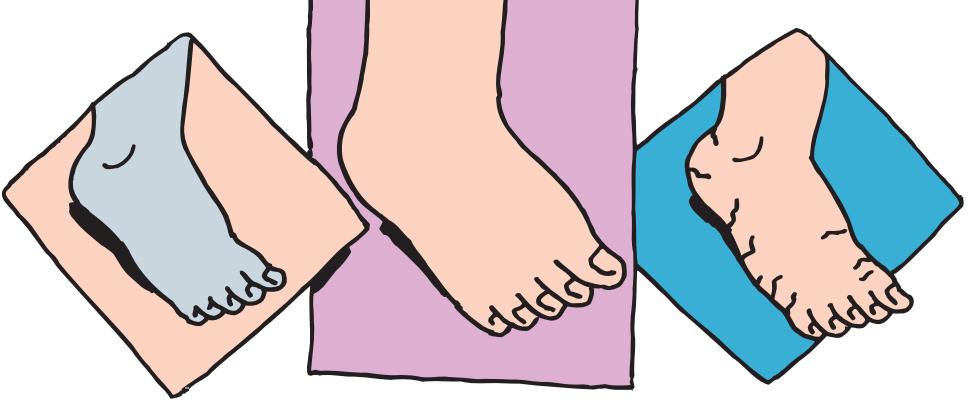


Infection and poor blood flow can lead to losing your toes, foot, or leg.

Signs of poor blood flow include:

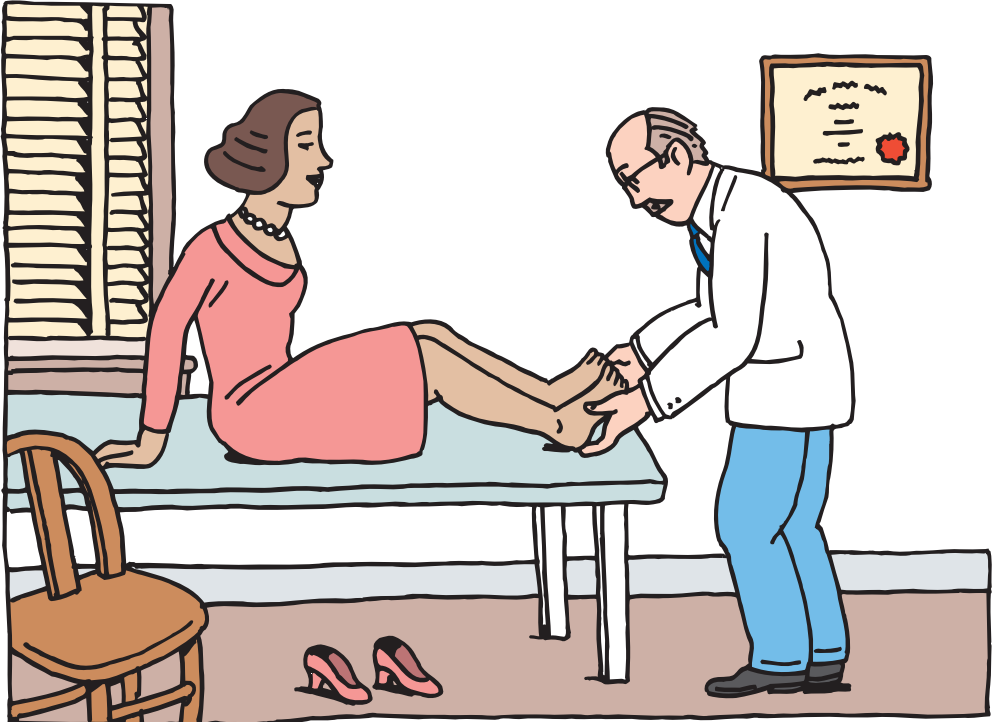
- legs or feet that hurt, especially when you exercise
- legs that hurt or feel restless at night





You may also have sores that won't heal, feet that are swollen or blue, or skin on your feet that is very dry and cracked.

If you have diabetes, it is important to have your feet checked often by your doctor or health clinic. Each time you visit your doctor or health clinic, make sure you take your shoes and socks off to have your feet checked.



Tips for good foot care

Check your feet every day for cracks, blisters, cuts, or dry skin between your toes or on the bottom of your feet.

Use a mirror or get someone to help if you have trouble seeing your feet. Call your doctor right away if you see a sore on your foot. Don't wait.



Wash your feet every day with mild soap and warm (not hot) water. Always test the water first against your wrist or elbow to make sure it is not too hot. Dry your feet well, including between your toes.

Don't soak your feet. It may dry your skin too much.



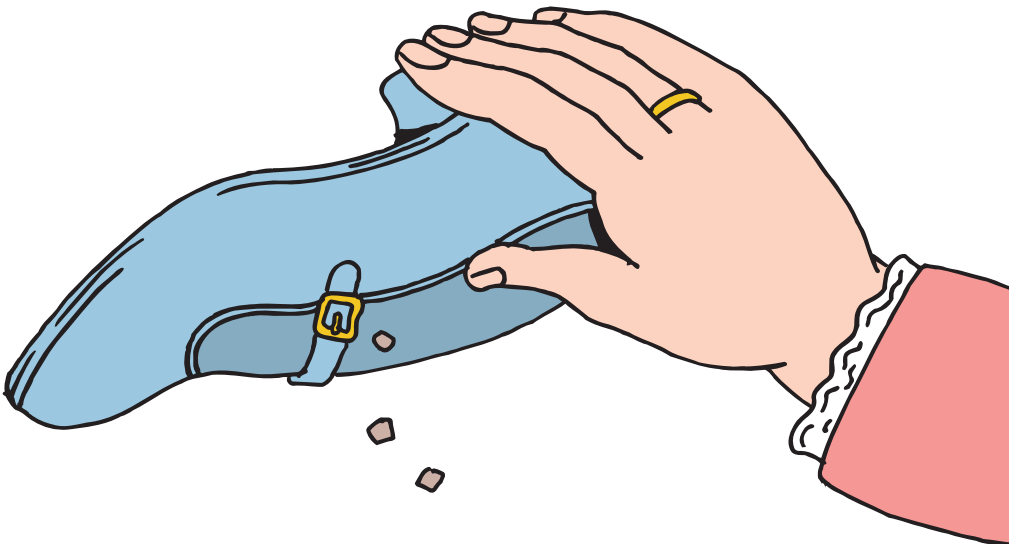
Use lotion or cream on the tops and bottoms of your feet (not between toes) and especially on any dry skin areas.

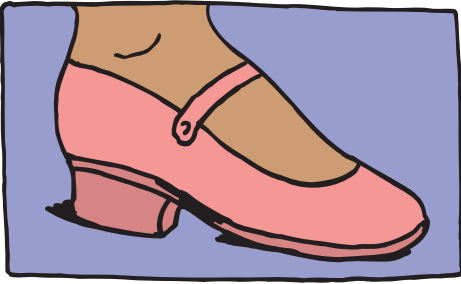


Trim your toenails straight across with an emery board or file. Do not use scissors or clippers.



Look inside and shake out your shoes and socks before you put them on. This will help you remove small objects that could hurt your feet.





Wear shoes that fit well, are comfortable, and don't cause blisters. Shoes that fully cover and protect your feet should be worn year-round.

Never go barefoot, even indoors.

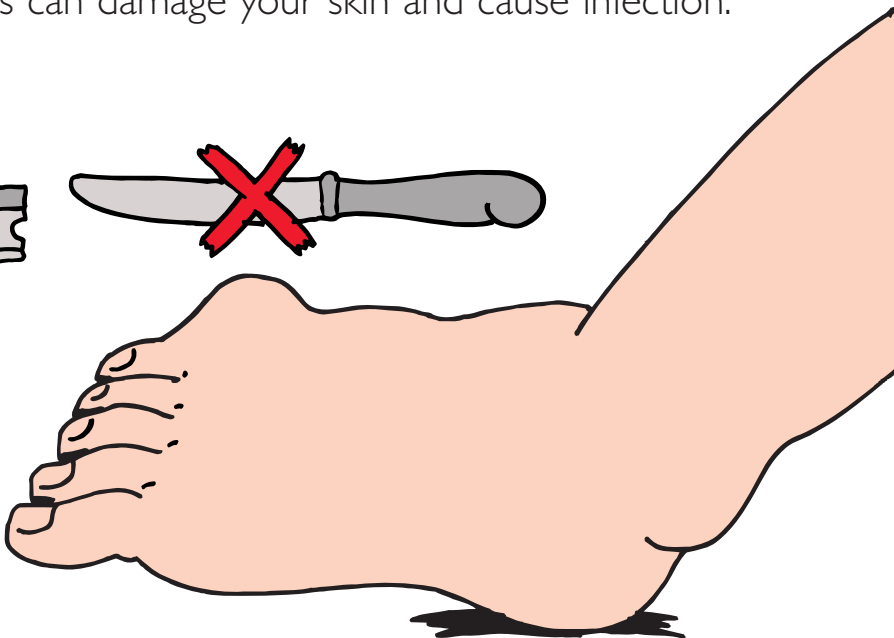
Cotton or wool socks will help keep your feet dry. If your feet are cold, wear warmer socks.



Don't use heating pads or hot water bottles to warm your feet.



See your doctor for care of corns, calluses, and warts. Never cut or treat corns and calluses yourself. Razor blades, corn plasters, liquid callus removers, and wart compounds can damage your skin and cause infection.



Foot care is an important part of managing your diabetes. Your doctor will help you develop a foot care plan that's right for you.



Always talk to your doctor or diabetes educator before making any changes in your diabetes treatment plan.