

Diabetes and Footcare

The Dos and Don'ts

Diabetes can damage your feet by reducing blood flow to the legs and feet and cause nerve damage from high blood sugar levels.

The Do's



Inspect

Check your feet and toes daily. Look for any cuts, corns, blisters, bruises, bumps or infections.



Clip Carefully

File your toenails straight across. See a podiatrist if you have difficulty.



Moisturize

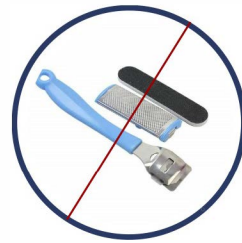
Moisturize your feet if they are dry. Do not moisturize the skin between your toes.



Bathe Daily

Wash carefully with warm water and soap; rinse and dry thoroughly. Make sure you dry completely between the toes.

The Don'ts



Use Tools

Do not use products for corn or callus removal. Never try to trim calluses yourself.



Walk Barefoot

Never go barefoot, especially on the beach, in hot sand or on rocks.



Wear Bad Shoes

Shoes that are too tight can cause blisters and calluses; too loose can also cause ulcers or blisters as they rub against the foot.



Cross Legs

Crossing your legs while sitting can reduce circulation.

Call your doctor if you have an injury or sore that is not healing well.

