

DIABETES & FOOT CARE



IMPORTANCE OF CHECKING FEET WITH DIABETES

Uncontrolled blood sugar in people with diabetes can lead to nerve damage and foot complications. It can result in numbness, tingling, and loss of feeling. A blister or sore, can lead to problems which can require antibiotics or hospitalization, if feet have reduced feeling.

FEET CHECKS - WHAT TO LOOK FOR

- ▶ Sores or blisters
- ▶ Redness or tenderness
- ▶ Dry or cracked skin
- ▶ Hard spots

HOW TO PROTECT FEET

- ▶ Wear comfortable socks and shoes
- ▶ Shoes should fit properly
- ▶ Protect feet from heat, cold, scrapes, or cuts
- ▶ Keep blood flowing by wiggling toes and moving feet for a few minutes several times a day
- ▶ Trim toenails straight across
- ▶ Have a health care provider perform an annual diabetic foot exam
- ▶ Wash feet everyday with mild soap and water



TALK TO A HEALTH CARE PROVIDER IF PROBLEMS OCCUR WITH FEET