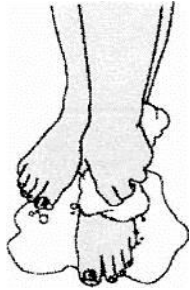


# Foot Care



People with diabetes need to take special care of their feet. See your doctor right away if you notice sores, cuts, calluses or any changes. Consult your doctor before self-treating.



1. Wash your feet daily with lukewarm water and soap.



2. Dry your feet well, especially between the toes.



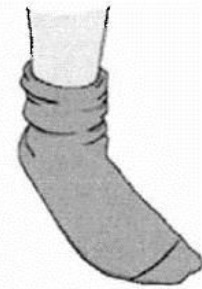
3. Keep the skin supple with a moisturizing lotion (do not apply lotion between toes).



4. Check often for blisters, cuts or sores. Tell your doctor if you find something wrong.



5. Use an emery board to shape toenails even with the ends of your toes.



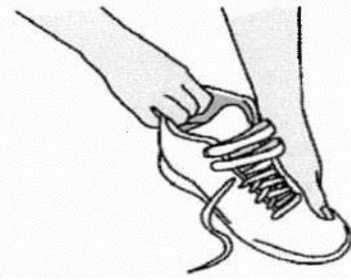
6. Change daily into clean, soft socks or stockings. Make sure you wear the correct size.



7. Keep your feet warm and dry. Always wear shoes that fit well and, if possible, wear special padded socks.



8. Never go barefoot – inside or outdoors.



9. Examine your shoes every day for damage or debris (pebbles, nails, etc.) that could injure your feet.

***Take good care of your feet – and use them! A brisk walk every day stimulates circulation.***