

DIABETES

Caring For Your Feet

Keep your feet protected and healthy to prevent open sores and wounds on your feet.



Keep your feet clean and dry.



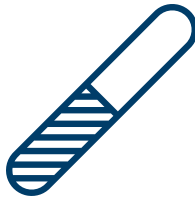
Do not soak your feet for a long time.



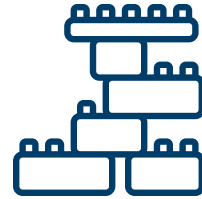
Wear clean socks every day and always wear shoes with a closed toe and heel.



Check your feet daily for blisters, redness or sores. See your doctor right away if you have any sores.



Routinely use an emery board to trim nails. Never use a razor or a knife.



Keep floors and paths clear of objects to avoid stubbing your toes.



Examine your shoes every day.



Never walk barefoot or wear flip flops.



Moisturize dry feet daily, but avoid putting lotion between your toes.

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How to Pick the Right Shoe

When you shop for shoes, take this tip sheet with you. Take your time to carefully select shoes. You are looking for a shoe that protects your feet, keeps them dry and offers support as you walk.



Have your foot measured to make sure you are selecting the right size and width.



The inside should be smooth and have no seams.

Look for cushioned insole that prevents rubbing or friction. The ankle area should be soft and supportive.



Select a shoe with flexible fittings, such as laces or “hook and loop” straps. Avoid slip ons.



Try on the shoes with socks and walk in them at the store.

Pay attention to the fit. No part of the shoe should pinch your feet.



The toe box should be wide enough so you can wiggle your toes.

Your foot should not slide inside the shoe as you walk.

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