

FOOT CARE



TIPS FOR PEOPLE WITH DIABETES

Diabetes can decrease the blood flow to your feet and toes. This may cause serious infections or sores. Here are some ways you can help maintain healthy feet and toes:

- Don't expose your feet to hot or cold temperatures or strong chemicals.
- Wash and pat your feet dry. Be sure to dry them thoroughly, especially between your toes.
- Do not rub or soak your feet.
- Do not go barefoot.
- Wear well-fitting shoes with roomy areas for your toes. See your local orthotist to fit you for properly fitted insoles to help protect your feet from rubbing injuries that may cause wounds.
- Always check the insides of your shoes for foreign objects (like pebbles) before putting them on. Because people with diabetes may experience a loss of sensation in their feet (called neuropathy) an object in their shoe may not be noticed before it causes injury to the skin.
- Examine your feet daily. Use a mirror or magnifier to help you see them clearly, or ask a caregiver or family member for help.
- Keep your feet clean and dry. Check every day for tenderness, redness, warmth, swelling or sores.
- Notify your healthcare provider right away if you notice a sore on your feet.

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