



Healthy Feet... for Life

1. Always inspect your feet everyday

Check for color changes, cuts, bruises, cracks, blisters, redness, ulcers, and any sign of abnormality, especially between the toes, the sole and heels. Use a mirror to inspect the bottom of your feet. If you can't do it yourself, have someone help you.

2. Clean and moisturize your feet every day

Use lukewarm water when bathing (between 90-97 degrees F), and do not soak your feet for longer than 10 minutes and dry well between your toes. Use a quality lotion or cream on the top and the bottom of your feet, especially the heels. Do not apply moisturizer between toes.

3. Trim your toenails regularly

Keeping your nails trimmed and filed helps prevent wounds caused by long nails or sharp edges. Trim your nails straight across being careful not to cut the skin and always file the edges. If you are unable to trim them yourself or have an ingrown toenail, see your doctor or healthcare professional.

4. Always keep your feet covered

Wear shoes and socks at all times. Never walk barefoot – even indoors. Going barefoot exposes your feet to possible injury especially if sensation is not intact.

5. Wear proper shoes and socks

Wear clean, dry socks every day. Choose styles that fit your foot well, expand with any swelling, stay up without wrinkling or constricting and wick away moisture from your foot. Avoid socks with seams, holes, or elastic tops. Select shoes that fit the outline of your foot and allow “wobble room” for your toes. Check inside your shoes before wearing them, make sure the lining is smooth and there are no objects inside. Wear new shoes only two hours at a time.

6. Monitor and manage your blood sugar level

Nerve damage and decreased blood flow to the feet can be caused by high or fluctuating blood sugar levels in people with diabetes. Nerve damage may decrease or eliminate your ability to feel pain and may result in injuries. Contact medical help if any signs of infection are present, such as swelling, redness, drainage, fever or chills.

7. Don't use corn medicines or razors

Don't use antiseptic solutions, drugstore medications, heating pads or sharp instruments on your feet. Corns or calluses may be rubbed with a pumice stone after washing and/or see your doctor for treatment.

Proper foot care is vital for people with diabetes.

Daily care of the lower extremities can help

prevent severe problems in the long run.

Following some simple guidelines will help you

keep your feet healthy. Please see your health

care provider with specific questions.

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The Elta skin care line includes a wide variety of moisturizers and skin care products that provide superior hydration and help prevent skin problems associated with diabetes and other conditions of the skin.