

Foot Care for People with Diabetes

People with diabetes have to take special care of their feet



1 Wash your feet daily with lukewarm water and soap.



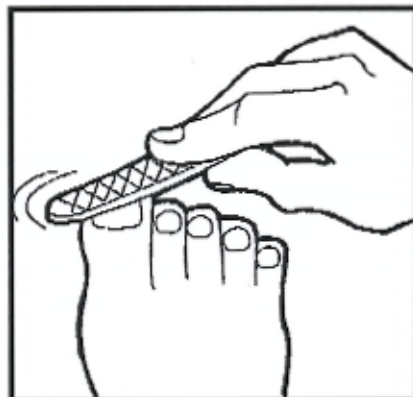
2 Dry your feet well, especially between the toes.



3 Keep the skin supple with a moisturizing lotion but do not apply it between the toes.



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



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



6 Change daily into clean soft socks or stockings, not too big or too small.



7 Keep your feet warm and dry. Preferably wear special padded socks and always wear shoes that fit well.



8 Never walk barefoot indoors or outdoors.



9 Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

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