



Prevention

Inspect your feet every day, and seek care early if you do get a foot injury. Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.

Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.

Caring for Your Feet

1. **Take care of your diabetes.** Work with your health care team to keep your blood glucose in your target range.
2. **Check your feet every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
3. **Be more active.** Plan your physical activity program with your health team.
4. **Ask your doctor about Medicare coverage for special shoes.**
5. **Wash your feet every day.** Dry them carefully, especially between the toes.
6. **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
7. **If you can see and reach your toenails, trim them when needed.** Trim your toenails straight across and file the edges with an emery board or nail file.
8. **Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
9. **Protect your feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
10. **Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time. Don't smoke.
11. **Get started now.** Begin taking good care of your feet today. Set a time every day to check your feet.

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 soft with a moisturizing lotion, but do not apply it between the toes.



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



5 Use an emery board to gently shape your toenails straight across. Do not use scissors or nail clippers.



6 Wear clean, soft socks that fit you.



7 Keep your feet warm and dry. If you can, 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 is good for your feet.**

For more information, call the *Keeping Well With Diabetes* Tip Line at 1-800-260-3730 or visit us online at kwwd.com.

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