

You may have serious foot problems, but feel no pain. Here are a few tips to help keep your feet healthy:

- Keep your blood sugar within your target range
- Follow your meal plan
- Be physically active
- Do not smoke
- Check your feet every day
- Have your feet checked by your healthcare provider at every visit
- Report any foot problem to your healthcare provider immediately

Have a comprehensive foot exam as needed by your healthcare provider and remember to:

- Ask them if you have any loss of feeling or blood circulation in your feet that YOU should know about
- Ask them if you need to see a podiatrist (foot doctor)



Dos

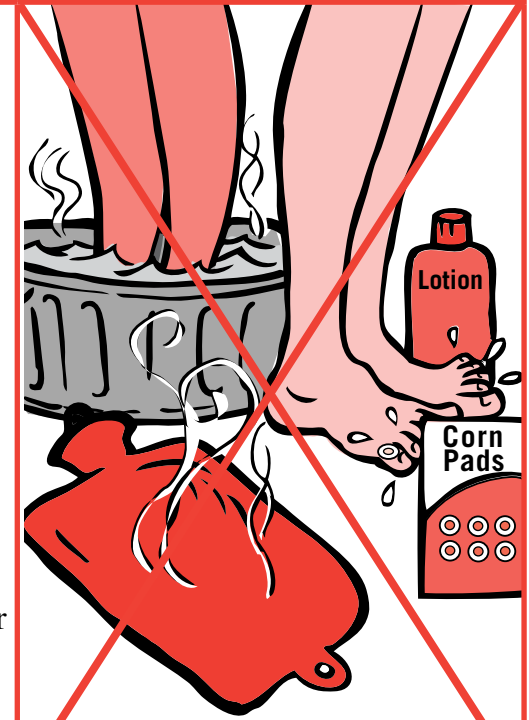
- Using a mirror, look and feel your feet daily for open sores, cuts, or color changes.
- Wash your feet every day using a wash cloth, warm water, and mild soap.
- Dry your feet completely, even between your toes.
- Keep your skin soft; put a thin coat of lotion on the top and bottom of your feet.
- Ask your health care provider if you can use a pumice stone to smooth corns and calluses.



Skincare

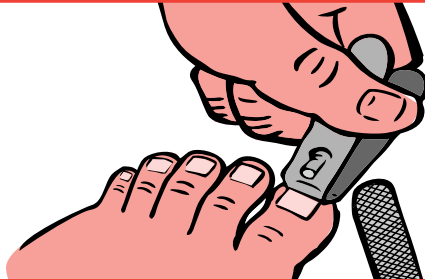
- Don't soak your feet.
- Don't use hot water to wash your feet.
- Don't let your feet stay damp or wet.
- Don't let your feet get cracked.
- Don't put lotion in between your toes.
- Don't cut corns or calluses and don't use corn medicines.
- Don't use heating pads, hot water bottles, or iodine; they may burn your feet.

Don'ts



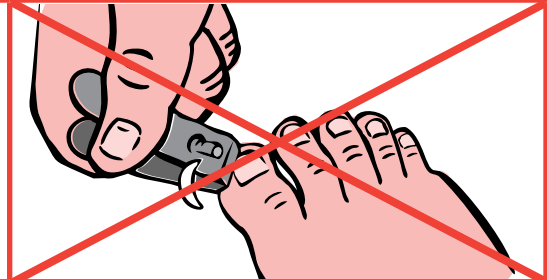
Dos

- Cut toenails straight across after bathing, when they are softest.
- Smooth toenail edges with an emery board.



Toenail Care

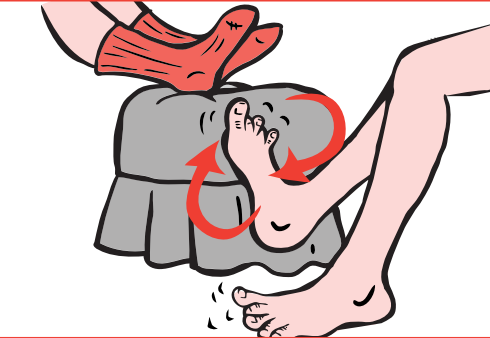
- Don't cut toenails into the corners. This could cause an ingrown toenail.



Don'ts

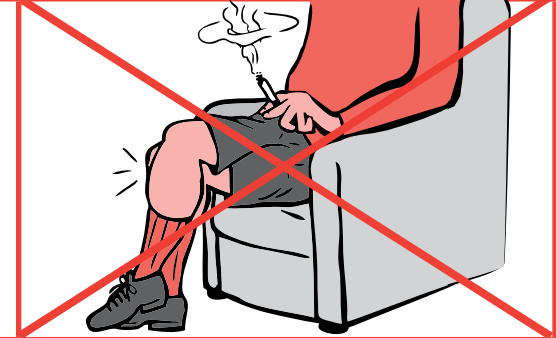
Dos

- Put your feet up when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes, 2-3 times every day.



Blood Circulation

- Don't smoke.
- Don't cross your legs.
- Don't wear tight socks.



Don'ts

Dos

- Choose clean socks without holes or seams.
- Wear smooth fitting socks or pantyhose with your shoes.
- Before wearing your shoes:
 - Feel inside them to be sure the lining is smooth.
 - Be sure there are no objects inside your shoes.
- Wear shoes or slippers at all times.
- Wear shoes that fit and protect your feet.
- Ask for help when you buy new shoes to get the right fit.



Socks and Shoes

- Don't walk barefoot, even in your home or at the beach.
- Don't wear shoes without socks.
- Don't wear socks that have been mended.
- Don't wear torn or tight shoes.
- Avoid high heels, sandals, and pointed-toe shoes.
- Don't wear shoes with a rough lining.



Don'ts