

Diabetes: Taking Care of Your Feet

Your healthcare provider may tell you to practice good foot care if you have diabetes. This is because high blood sugar can damage nerves in your feet. This may lead to a loss of feeling in your feet. As a result, a cut or sore can become infected before you notice it.

Write down the reasons why you want to take better care of your feet. _____

Check off the things you are ready to do to help take care of your feet.

I will wash and carefully dry my feet every day.

- Use warm—not hot—water on your feet.
- Use lotion to keep the tops and bottoms of your feet soft and smooth.
- Do not put lotion between the toes.



I will check my feet every day.

- Look for cuts, sores, red spots, and swelling.
- Use a mirror or ask for help if you cannot see the bottom of your feet.

I will wear comfortable, well-fitting shoes and socks.

- Make sure there is nothing inside your shoes before you put them on.
- Never walk barefoot.



I will protect my feet from things that are too hot or cold.

- Wear shoes when walking on the beach or hot pavement.
- Wear lined boots in the wintertime.

I will trim my toenails straight across.

- Smooth the corners with a nail file so that the nail does not grow into the skin.
- If you cannot see, feel, or reach your feet, ask your provider to trim your toenails.



I will help the blood flow to my feet.

- Put feet up when sitting. Don't cross legs for very long.
- Wiggle your toes and move your ankles up and down and in and out for 5 minutes, 2 or 3 times a day.
 - Do not smoke. Talk to your provider if you need help quitting.

I will take off my shoes and socks at every provider visit and have my feet checked.

I will get a comprehensive foot exam once a year. More often, if I have a foot condition.

Other: _____

Checking your feet every day may help you prevent a small foot problem from becoming serious. Call your healthcare provider right away if a sore on your foot does not start to heal after a few days.

