Take Care of Your Feet for a

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Bethesda, MD 20892-3600 Can Last a Lifetime Diabetes Way

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## OOT CARE TIPS

# Your Feet for a Lifetime

Take care of your diabetes

vith your health care team to keep your blood within a good range.

- Look at your bare spots, and swelling. your feet every day. bare feet every day for cuts, blisters, red
- Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.

### Wash your feet every day.

- Wash your feet in warm, not hot, water every day.

## Keep the skin soft and smooth

- of skin lotion over the tops feet, but not between your

## Smooth corns and calluses gently.

If your feet are at low risk for problems, use a pumice stone to smooth corns and calluses.

Do not use over-the-counter products or sharp objects on corns or calluses.

- If you can see an them each week 9 when need

## Wear shoes and socks at all times.

- Never walk barefoot
- well and protect your
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and that there are no objects inside.

- Wear shoes at the beach or on hot pavement.
- Wear socks at night if your feet get cold.
- Don't test bath water with your
- or heating pads

### 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 or three times a day.
- Do not cross your legs for long periods of time
- Do not smoke.

### 為 Be active every day.

Plan your physical activity program with your health care team.

Check with your health care

- Have your doctor or nurse check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of
- Call your health care team right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.
- Follow their advice about foot care

## Get started now.

- Begin taking good care of your feet
- every day to
- Complete the "To check your feet.

  list on the back of this page

take care of your feet for a lifetime

### You can take care of your feet!

o you want to avoid serious foot problems that can lead to a toe, foot, or leg amputation? Take Care of Your Feet for a Lifetime tells you how. It's all about taking good care of your feet.

Foot care is very important for every person with diabetes, but especially if you have:

- Loss of feeling in your feet
- Changes in the shape of your feet
- Foot ulcers or sores that do not heal

Nerve damage can cause you to lose feeling in your feet. You may not feel a pebble inside your sock that is causing a sore. You may not feel a blister caused by poorly fitting shoes. Foot injuries such as these can cause ulcers, which may lead to amputation.

Keeping your blood glucose (sugar) in good control and taking care of your feet every day can help you avoid serious foot problems.

Use this guide to make your own plan for taking care of your feet. Helpful tips make it easy! Share your plan with your doctor and health care team and get their help when you need it.

There is a lot you can do to prevent serious problems with your feet. Here's how.

### For more information, please contact:

www.aadenet.org 800-TEAM-UP-4 (800-832-6874)

American Diabetes Association

www.apma.org 800-FOOTCARE (366-8227)

Division of Diabetes Translation www.cdc.gov/diabetes 877-232-3422

Juvenile Diabetes Research Foundation International www.jdrf.org 800-533-CURE (800-533-2873)

National Diabetes Education Program www.ndep.nih.gov 800-438-5383







American Association of Diabetes Educators

www.diabetes.org 800-DIABETES (800-342-2383)

American Podiatric Medical Association

Centers for Disease Control and Prevention

National Institute of Diabetes and Digestive and Kidney Diseases National Diabetes Information Clearinghouse www.niddk.nih.gov 800-860-8747

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## COMPLETED.

WHEN:

- reverse side and on the
- a pumice stone an emery board and
- soft, lightly padded seamless

socks.

- of
- get beside
- a plastic mirror

feet.

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of

bottoms

the

to help me

- for help from
- Keep my next doctor's visit.
- Medicare covered by special Ask my doctor if I qualify for

insurance plans.

- supplies my health

Ask my

every visit.

Stop smoking.

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