

Foot Care For People With Diabetes

Control
your diabetes
for LIFE



If you have diabetes, your feet need special care. Keep your blood sugar in good control and follow these steps to avoid serious foot problems.



1 Wash your feet every day with warm water and soap.



2 Dry your feet well, especially between your toes.



3 Keep your skin soft and smooth. Rub a thin coat of lotion on the tops and bottoms of your feet, but not between your toes.



4 Use toenail clippers to trim your toenail. Cut toenails straight across and never cut into the corners.



5 Use a nail file or emery board to smooth the edges of your toenails.



6 Never walk barefoot indoors or outdoors.



7 Watch your step! Walk in well-lit areas and use pathways that are free of nails, trash, sharp rocks, shells and branches.



8 Check your feet every day. Use a mirror to see the bottoms of your feet. Tell your doctor right away if you find red spots, cuts, swelling, or blisters.



9 See your doctor or health care provider for a complete foot exam at least once every year—more often if you have foot problems.

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