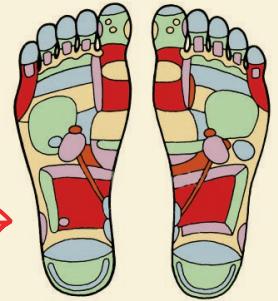




# Diabetes Education

*DO YOU want to **AVOID** serious foot problems that can potentially lead to a toe, foot, or leg amputation? It's all about taking good **CARE** of **YOUR FEET**.*

*Always follow your healthcare provider's → guidelines and first aid guidelines.*



## Reminder: Be More Active!

- **ASK** your doctor to help you plan a daily activity program that is right for you.
- Walking, dancing, swimming and bicycling are good forms of exercise that are easy on the feet.
- Avoid activities that are hard on the feet, such as running and jumping.
- **ALWAYS** include a short warm-up and cool-down period.
- Wear athletic shoes that fit well and that provide good **SUPPORT**.

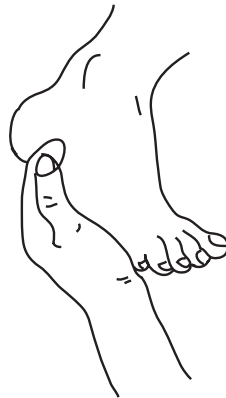
## Caring For Your Feet



### Check Your Feet Every Day:

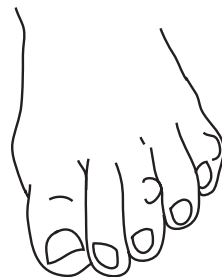
- Make checking your feet part of your every day routine. Check for cuts, sores, red spots, swelling, and rough toenail edges.

↙ • **keep the skin soft and smooth.**



### Wash Your Feet Every Day:

- Wash your feet in warm, not hot water. **DO NOT** soak your feet because soaking dries out skin.
- Dry your feet well. Be sure to dry between your toes. Try using talcum powder or cornstarch to keep the skin between your toes **DRY**.
- Rub a thin coat of skin lotion or cream on the tops and bottoms of your feet to keep your skin healthy.



### Be Careful with Corns and Calluses:

- If you have corns and calluses, check with your doctor or podiatrist about the best way to care for them.
- If your doctor tells you to, use a pumice stone to smooth corns and calluses after bathing or showering; rub gently in one direction to avoid tearing skin.
- **DO NOT** cut corns and calluses and do not use razor blades, corn plasters, or liquid corn and callus removers - they can damage your skin.



### Trim Your Toenails When Needed:

- Trim toenails straight across and smooth them with an emery board or nail file.
- **DO NOT** cut into the corners of the toenail

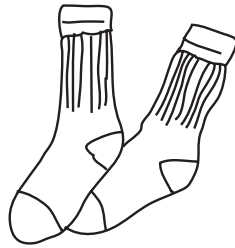
Call 1-800-854-5729  
OR visit us  
@ BetterLivingNow.com



## Reminder: Visit Your Podiatrist Regularly

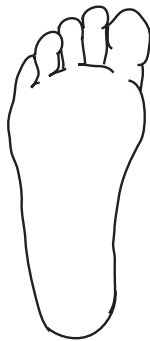
- **DO NOT** wait to treat a minor foot problem. Report foot injuries and infections to your doctor immediately.
- *ALWAYS* follow your healthcare provider's guidelines and first aid guidelines.

# Caring For Your Feet



## Wear Shoes and Socks at ALL Times:

- Always wear socks with your shoes to help avoid blisters and sores.
- Choose clean, lightly padded socks that fit well. Socks that have **NO SEAMS** are best.
- Never walk barefoot. Wear shoes that fit well and protect your feet.



## Protect Your Feet from Hot and Cold:

- Put sunscreen on the top of your feet to prevent sunburn.
- **DO NOT** put hot water bottles or heating pads on your feet.
- Wear socks at night if your feet get cold. Lined boots are good in winter to keep your feet warm.
- Check your feet often in cold weather to ***AVOID*** frostbite.



## Keep the Blood Flowing to Your Feet:

- Put your feet up when you are sitting.
- Wiggle your toes and move your ankles up and down and in and out for 5 minutes, 2-3 times a day.
- Don't wear tight socks, elastic or rubber bands, or garters around your legs.
- **DON'T** smoke. Smoking ***REDUCES*** blood flow to your feet.
- Work with your health care team to control your blood glucose, blood pressure and cholesterol.

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