

# Steps for Healthy Feet

## General Health

- 1 Control your blood glucose levels.
- 2 If you smoke, quit.
- 3 Exercise daily as directed by your health-care professional.

## Caring for Your Feet

- 1 Look for signs of redness or blisters on your feet. These show your shoe may not fit properly.
- 2 Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.
- 3 Do not soak your feet.
- 4 If you are unable to reach your toes or do not have feeling in your feet, have a health-care professional trim your toenails for you.

## Footwear

- 1 Shake out your shoes before you put them on.
- 2 Wear shoes at all times, indoors and out.
- 3 Buy shoes with closed toes, as they better protect your feet from injury.
- 4 Change your socks every day.
- 5 Buy shoes late in the day, as feet tend to swell.
- 6 Have your shoes professionally fitted by a footwear specialist.

**I will take care of my feet and make the changes needed to help keep my feet healthy!**

DATE

SIGNATURE

This section is perforated for your personal reference.

**Make the most out of your visit with your health-care professional by asking these 3 questions:**

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

National Patient Safety Foundation

Visit us to find a foot care professional, find the answers to frequently asked questions and more!

[www.woundscanada.ca/about-dhfy](http://www.woundscanada.ca/about-dhfy)



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This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions.

Specific medical concerns should be directly handled by a qualified health-care professional.



# Diabetes, Healthy Feet AND YOU



## How healthy are YOUR feet?

## Know the signs.



**Numb, painful or tingling?**  
**Do your feet feel like blocks of wood?**

**IF YES**

- Control your blood glucose levels.
- Have a health-care professional trim your toenails and care for the skin on your feet.
- Have your shoes professionally fitted.



**Changing shape?**  
**Is one foot different than the other?**  
**Any change is important.**

**IF YES**

- Avoid too much walking.
- Visit your health-care professional as soon as possible.
- Have your shoes professionally fitted.



**Dry, callused or cracked?**  
**Do they have sores or blisters?**

**IF YES**

- Changes to your skin should be seen by a health-care professional.
- Wash a sore or blister with warm water, dry well, and cover with a bandage. See a health-care professional today.
- Avoid walking on your foot as it heals.

**Please continue to check your feet every day for any changes or signs of injury.**

If you have answered **YES** to any of these questions, please see a health-care professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a health-care professional.

**Have your health-care professional check your feet AT LEAST 1-2 times per year or more if required.**

## Your Health-care Professional Team

**Chiropodists or Podiatrists** specialize in treating foot diseases, disorders and dysfunctions.

**Diabetes Educators** provide education on diabetes, including foot care.

**Doctors** assist in diabetes management, and some have specialized training in foot care.

**Nurses** may have specialized training in foot care.

**Orthotists/Prosthetists** specialize in orthotic and prosthetic devices.

**Pedorthists** specialize in orthotics, footwear and footwear modifications.

## Key Phone Numbers:

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Chiropodist or Podiatrist

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Diabetes Educator

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Doctor

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Nurse

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Orthotist/Prosthetist

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Pedorthist

For more information, visit  
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