

# If you have diabetes, *are your feet...*



## Numb, painful or tingling?

IF YES

- Manage your blood glucose levels.
- Have a healthcare professional trim your nails and care for the skin on your feet.
- Have your shoes professionally fitted.



## Changing shape? Is one different from the other?

IF YES

- See your healthcare professional **AS SOON AS POSSIBLE**.
- Avoid too much walking.
- Have your shoes professionally fitted.



## Dry or cracked? Do they have sores or blisters?

IF YES

- Wash the wound with warm water; dry it gently and well, cover it with a bandage, and see your healthcare provider **AS SOON AS POSSIBLE**.
- Avoid walking on your foot while it is injured.

If you answer **YES** to any of the above questions,  
please see your healthcare professional  
**AS SOON AS POSSIBLE**.

When making your appointment, let the person taking your call know that you have diabetes and need to be seen as soon as possible.

Remember to see your healthcare professional one or two times per year unless you are asked to visit more frequently.

Canadian Association  
of Wound Care



Association canadienne  
du soin des plaies

Production of materials has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

For more information about diabetes and your feet, please visit:  
**[www.cawc.net/diabetesandhealthyfeet](http://www.cawc.net/diabetesandhealthyfeet)**

This poster is a guide only and should not be used for any diagnostic or therapeutic decisions.  
Specific medical concerns should be addressed by a qualified healthcare professional.