

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



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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

.....
Orthotist/Prosthetist

.....
Pedorthist

For more information, visit
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