

Diabetes, Healthy Feet AND You

Steps for Healthy Feet

General Health

- 1 Control your blood glucose levels.
- 2 Exercise daily as directed by your healthcare professional.
- 3 If you smoke, quit.
- 4 Limit your alcohol intake.

Foot Wear

- 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 protect your feet from injury.
- 4 Change your socks everyday.
- 5 Buy shoes late in the day as feet tend to swell.
- 6 If you do not have feeling in your feet, have your shoes professionally fitted by a footwear specialist.

Caring for Your Feet

- 1 Look for signs of redness or blisters on your feet. This may show that your shoes do not fit properly or that your feet are not protected from injury.
- 2 Wash your feet daily. Dry well, especially between your toes. Apply a moisturizing lotion to your feet but not between your toes.
- 3 Do not soak your feet.
- 4 If you are unable to reach your toes, do not have feeling in your feet or have problems seeing, have a healthcare professional care for your calluses and trim your toenails regularly.

Remember to see your healthcare professional 1-2 times per year unless you are asked to come more often.

For more information about any of the topics discussed please visit us online at www.woundscanada.ca



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