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.cawc.net/diabetesandhealthyfeet

Canadian Association of Wound Care
Association canadienne du soin des plaies