



People with diabetes have to take special care of their feet. Their feet need to be examined on a daily basis for problems that might occur, like loss of feeling, changes in the shape of their feet and foot ulcers (sores). Consult with your doctor immediately if you have any of these problems

How do I take care of my feet on a daily basis?

- **Wash your feet** in warm water every day, test the water with your elbow to make sure that it is not too hot
- **Dry your feet well**, especially between the toes
- **Keep the skin soft** with a moisturising lotion, but do not apply between the toes

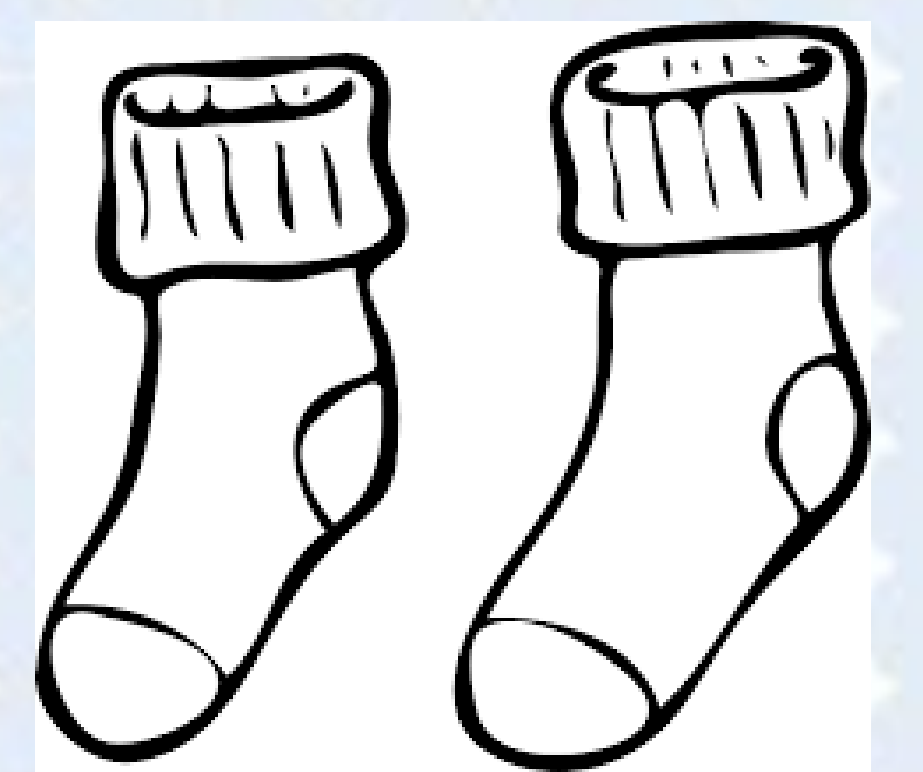


- **Inspect your feet every day** for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you. Report any changes in your feet to your diabetes care team right away



- **Ask your diabetes care team or your podiatrist (foot specialist)** how you should care for your toenails. If you want to have a pedicure, talk with your team about whether it is safe for you

- **To avoid blisters, always wear clean, soft socks** that fit you. Do not wear socks or knee-high stockings that are too tight below your knee



- **Always wear shoes that fit well.** Break new shoes in slowly



- **To avoid injuring your feet, never walk barefoot** indoors or outdoors

- **Before putting on your shoes,** feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet. Let your diabetes care team know right away if you injure your foot

