

Proper Foot Care

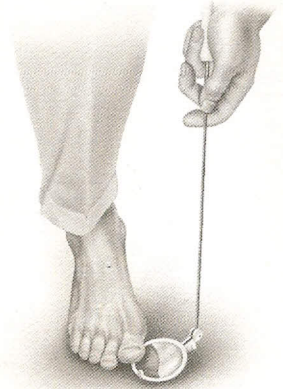
Proper foot care is an important part of diabetes management. To avoid serious problems, follow these important self-care tips:

Check Your Feet Daily

Check the tops and bottoms of your feet, especially between your toes. If you can't see the bottoms, use a mirror.

LOOK FOR:

- Skin color changes
- Pain in legs
- Ingrown or fungal toenails
- Corns or calluses
- Swelling of foot or ankle
- Open sores that are slow to heal
- Dry cracks in the skin



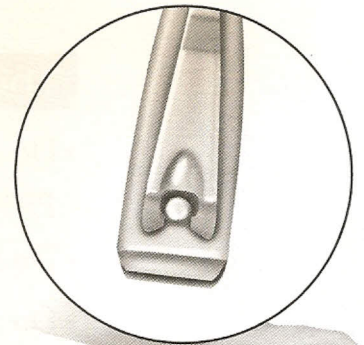
Wash Your Feet Daily

- Wash your feet with mild soap and lukewarm water in the morning or before you go to bed.
- Gently dry your feet with a soft towel, especially between the toes.
- Use moisturizing lotion (not between toes) to keep skin from cracking.



Cut Toenails Regularly

- Cut your toenails straight across. Use toenail clippers with a straight edge.
- Never cut into corners. This could trigger an ingrown toenail.
- Cut your toenails after bathing, when they are easiest to trim.



See your healthcare provider immediately if you recognize any foot problems.

