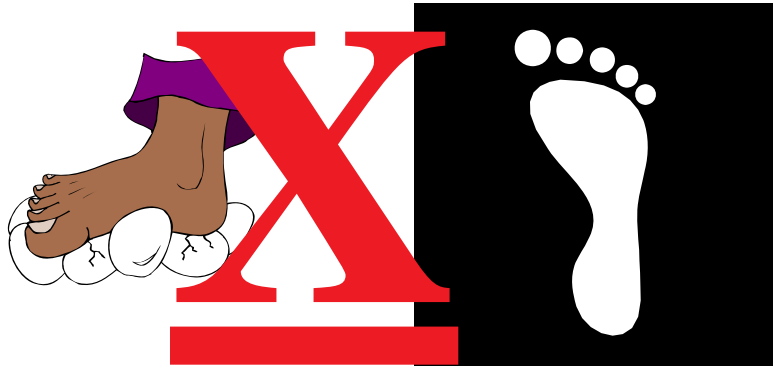


Diabetes- Foot Care

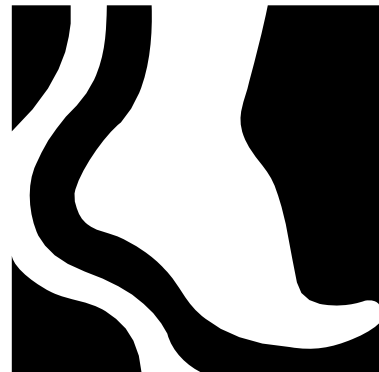
*Wear- Shoes



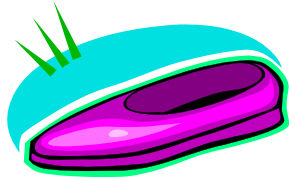
*NO-



*See Foot Doctor-



D i a b e t e s - F o o t C a r e



Measure Your Feet:

**Trace Your Foot*

**Compare to Shoe*

**Size and Shape of Foot Changes- always measure when buying new shoes*



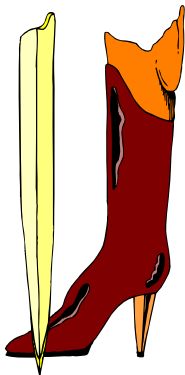
Wear Socks- Cotton or Wool



**Feet- Keep Dry, look at daily (top, bottom, between toes), look for swelling, redness, check toenails, sores, corns, calluses, cracked skin- use lotion, keep dry between toes*

-Toe Nails- Use clippers only

**Fit Well*

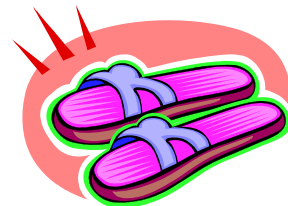


NO:

**High Heels or Tight Shoes*

**Bare Feet*

**Holes in Socks*



YES:

** Shoes- roomy*

** Socks- new when holes, well fitting*



**Call MD (Physician) if any problems- pain in legs, open sores*



Diabetes- Foot Care



What is it and what can I do?

*Preventing/Treating- sores, cuts, bunions, calluses, blisters, cracks

*Daily Examination- of toes, feet, toenails, keep feet clean, rub with lotion, use powder between the toes, cut toe nails after bathing

-check using- good light, glasses, mirror to see bottom, ask someone to help you; -check shoes- daily for small rocks, torn lining, make sure dry/clean

-choose- well fitting socks, shoes, stockings, plenty of room for your toes; wear socks with no holes

-AVOID- garters, socks or hose with tight elastic tops, don't twist to keep up or use rubber bands, soaking feet, going barefoot, hot water (test before bathing), heating pad, hot water bottle, electric blankets, elastic or adhesive bandages, high heels, crossing legs

What happens if I don't take care of my feet?

*Nerve damage- affects feet/legs, causing pain, numbness, tingling, burning, aching, feels like "pins and needles"

*Diabetic Ulcer/Wound- a break in the skin, deep sore, minor scrapes or cuts that heal slowly, rub from socks or shoes;

Shoes should always fit

MAY BECOME INFECTED

What can I do?

*See your Physician- if redness, swelling, or pain

*Exercise- Daily

*Stop- Smoking





Diabetes- Foot Care



What is it and what can I do?

- *Preventing or Taking Care of-* sores, cuts, bunions, calluses, blisters, cracks
- *Daily Examination-* of toes, feet, and toenails, always keep feet clean and rub with lotion, use powder only between the toes, cut toe nails after bathing will be soft
- check- using good light, glasses, mirror to see bottom, ask someone to help you, check shoes daily for small rocks, torn lining, make sure dry and clean
- choose- well fitting socks, shoes, and stockings, plenty of room for your toes
- AVOID-** garters, socks or hose with tight elastic tops, don't twist to keep up or use rubber bands or bands of any type, never mend socks get new ones
- Massage-** cold feet, wear socks to bed if your feet are cold
- AVOID-** soaking feet, going barefoot, hot water (test before bathing), heating pad, hot water bottle, electric blankets, elastic or adhesive bandages, high heels

What happens if I don't take care of my feet?

**Nerve damage-* affects feet and legs, causing pain, numbness, tingling, burning, aching, feels like "pins and needles" can be mild or severe

-discomfort is worse at night



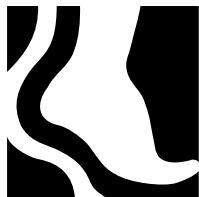
**Reduced blood flow-* sometimes mean less feeling in feet, blood vessels narrow and harden

-low white blood cells- that fight infection

**Diabetic Ulcer or Wound-* a break in the skin, deep sore

-caused by- minor scrapes or cuts that heal slowly, rub from socks or shoes that do not fit-**BECOME INFECTED,**

-if not noticed can lead to gangrene or infection



Recommend:

**Sit-* uncrossed legs, walk around during the day

**Outside-* wear sunscreen, wide-brimmed hat



What can I do?

**See your Physician-* if redness, swelling, or pain, exercise daily

**See FFF RD on line for help-* to decrease weight, menus, recipes, help as needed

***STOP SMOKING**