



Take Care of Your Feet for a Lifetime

Take Care of Your Diabetes.

- Work with your health care provider to keep your blood sugar within a good range.

Check Your Feet Everyday.

- Look at your bare feet every day for cuts, blisters, red spots and swelling.
- Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.

Wash Your Feet Everyday.

- Wash your feet in warm, not hot, water every day.
- Dry your feet well. Be sure to dry between your toes.

Keep the Skin Soft and Smooth

- Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between the toes.

Smooth Corns and Calluses Gently.

- Use a pumice stone to smooth corns and calluses.

Trim Your Toenails Each Week or When Needed.

- Trim your toenails straight across and file the edges with an emery board or nail file.

Wear Shoes and Socks at All Times.

- Never walk barefoot.
- Wear comfortable shoes that fit well and protect your feet.
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.

Protect Your Feet from Hot and Cold.

- Wear shoes at the beach or on hot pavement.
- Wear socks at night if your feet get cold.

Keep the Blood Flowing to Your Feet..

- Keep the blood flowing to your feet.
- Wiggle your toes and move your ankles up and down for 5 minutes, 2 to 3 times a day.
- Don't cross your legs for long periods of time.
- Don't smoke

Be More Active.

- Plan your physical activity program with your doctor.

Check with Your Doctor.

- Have your doctor check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of an injury.
- Call your doctor right away if a cut, sore, bruise, or blister on your foot does not begin to heal after one day.
- Follow your doctor's advice about foot care.

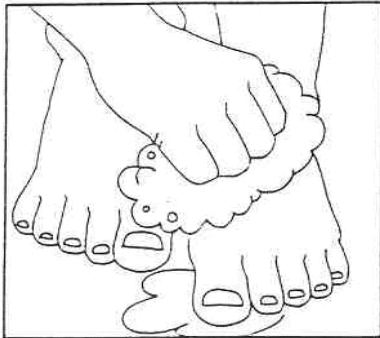
Get Started Now.

- Begin taking care of your feet today.
- Set a time every day to check your feet.
- Take care of your feet for a lifetime.

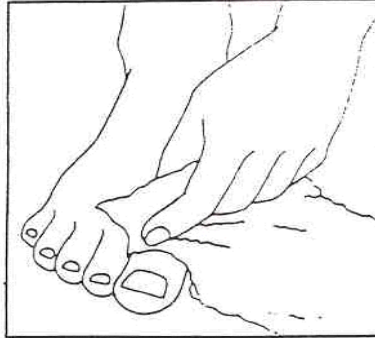


Foot Care for Diabetics

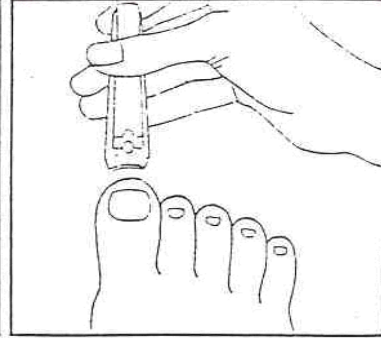
A diabetic has a special reason to treat his/her feet well. Meticulous foot care and the choice of suitable footwear can prevent serious damage.



1 Wash your feet daily with lukewarm water and soap, just as you wash your hands.



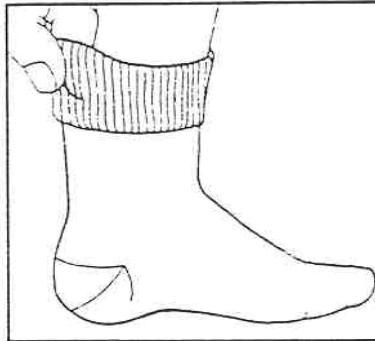
2 Dry your feet well, also between the toes.



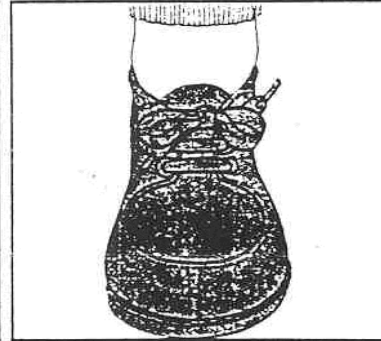
3 TRIM your nails straight across. ingrown nails and calluses should be treated by a podiatrist.



4 Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



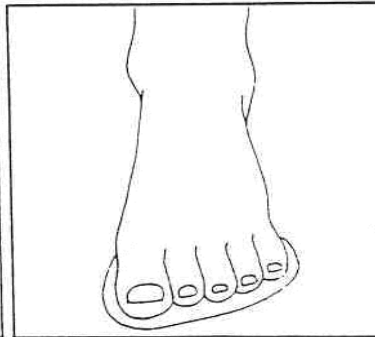
5 Change daily into clean, soft socks or stockings which must neither be too big nor too small.



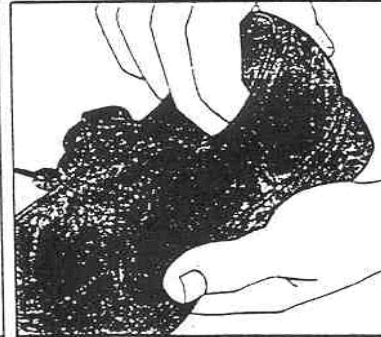
6 Keep your feet warm and dry. Preferably wear socks or stockings of wool or cotton and shoes of leather.



7 Never walk barefoot - neither indoors nor outdoors.



8 Always wear shoes that fit. This applies also to sandals.



9 Examine your shoes everyday for cracks, pebbles, nails and other irregularities which may irritate the skin.

Take good care of your feet - and use them.

A brisk walk every day stimulates the circulation and makes you feel much better.

Visit ADClinic.com for more information



Foot Care for People with Diabetes

Having diabetes can give you problems with your feet. Diabetes may reduce the circulation to your feet. It can also damage the nerves in your feet. Sometimes diabetes can weaken the immune system, which fights infections. For all these reasons, people with diabetes may get infections or other problems in their feet. Good foot care is important.

Taking Care of Your Feet



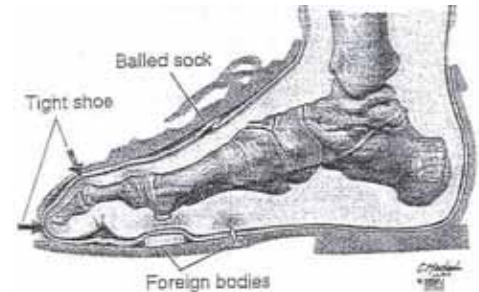
Inspect your feet everyday, front and back. If it is difficult to see your feet, use a hand-held mirror. See the other side of this flier for things you should look for. If a cut or sore does not heal within a few days, call your physician or podiatrist.

Wash your feet every day in warm, not hot, water. Use a mild soap. Dry your feet well, especially between your toes. Pat them dry - do not dry by rubbing hard.

To prevent dryness and cracking of the skin, apply a lanolin-based lotion every day. Do not apply lotion between your toes.

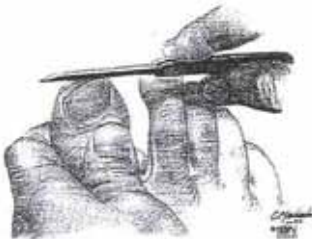
Always wear shoes or slippers to protect your feet from cuts. Change your socks every day. Don't walk barefoot, either indoors or outdoors.

Wear comfortable shoes that cover your toes and heels. Your toes should not be cramped -- you should be able to wiggle them. Wear soft socks with no seams.



Check your shoes before putting them on. Make sure that nothing has fallen inside them. Feel inside them to make sure that nothing has penetrated the soles.

Ask your physician or podiatrist to show you how to cut your toenails. Or, file them straight across instead of cutting them.



See a podiatrist if you have corns or callouses. Don't try to treat them yourself.

Exercise your feet. Walk regularly. Waling improves blood flow to your feet. Once a day, spell out the alphabet in the air with each foot. This will help keep your feet keep your feet flexible.

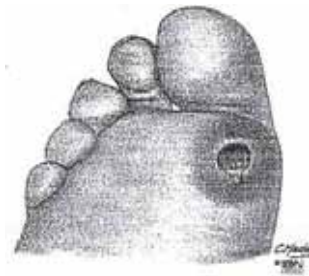
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Foot Care for People with Diabetes (continued)

What to Look For

Call your physician or podiatrist right away if you notice any of these problems.



Changes in Skin Color.

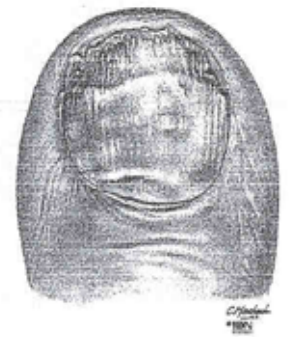
Redness may be a sign of infection. Darkened skin may mean that tissue has died. Blue skin may mean poor blood flow.

Drainage, Bleeding, or Odor. White or yellow moisture, bleeding, or odor may be a sign of infection.

Swelling. A swollen foot may be infected.

Toenail Infections. A darkened, flaking, or distorted toenail may mean a fungal infection. This can make the toenail grow to the side. If this happens, the toenail may damage the surrounding skin. An infection may result.

Ingrown Toenails. Cutting nails too short or wearing tight shoes may cause toes to grow into the skin.



Temperature Changes. Infection may cause warm spots. Poor blood flow may cause cool spots.

Changes in Feeling. Numbness, burning, or tingling may be caused by nerve damage in the feet.