

Take Care of Your Feet for a Lifetime.

- 1 Take care of your diabetes.**
 - Work with your health care team to keep your blood glucose within a good range.
- 2 Check your feet every day.**
 - 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.
- 3 Wash your feet every day.**
 - Wash your feet in warm, not hot, water every day.
 - Dry your feet well. Be sure to dry between the toes.
- 4 Keep the skin soft and smooth.**
 - Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- 5 Smooth corns and calluses gently.**
 - If your feet are at low risk for problems, use a pumice stone to smooth corns and calluses.
 - Do not use over-the-counter products or sharp objects on corns or calluses.
- 6 If you can see and reach your toenails, trim them each week or when needed.**
 - Trim your toenails straight across and file the edges with an emery board or nail file.
- 7 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 that there are no objects inside.
- 8 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.
 - Don't test bath water with your feet.
 - Don't use hot water bottles or heating pads.
- 9 Keep the blood flowing to your feet.**
 - Put your feet up when sitting.
 - Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day.
 - Do not cross your legs for long periods of time.
 - Do not smoke.
- 10 Be active every day.**
 - Plan your physical activity program with your health care team.
- 11 Check with your health care team.**
 - Have your doctor or nurse 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 health care team right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.
 - Follow their advice about foot care.
- 12 Get started now.**
 - Begin taking good care of your feet today.
 - Set a time every day to check your feet.
 - Complete the "To Do" list and...

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