

POSITIVE STEPS YOU CAN TAKE TO KEEP YOUR FEET HEALTHY



MANAGE YOUR BLOOD SUGAR LEVELS

Create a nutrition plan, maintain enjoyable physical activities, take your medications, and check your blood sugars as recommended by your healthcare team.



CONNECT WITH YOUR CARE TEAM REGULARLY

Keep them informed about your diabetes. Have your physician check your feet at every visit. If there are changes, the team can adjust your care as needed.



MAINTAIN A HEALTHY WEIGHT

Follow your nutrition plan and keep track of what you eat.



STOP SMOKING

Protect your nerves, blood vessels and overall health by not smoking. Talk with your healthcare team about resources to support you.

FOOT CARE BASICS

Check your feet every day, especially if you've lost feeling in your feet. Look for:

- ✓ Cuts, blisters, or sores
- ✓ Areas that are red or warm to the touch
- ✓ Ingrown toenails
- ✓ Corns and calluses

Before putting on your shoes, inspect the insides for pebbles or other small objects that could harm your feet.

Wear shoes that fit well and protect your feet. Always wear socks and shoes, even indoors.

Prop up your feet when sitting to keep the blood moving.

Improve circulation by walking, massaging your feet, and wearing support socks.



HOW TO KNOW IF YOU HAVE A FOOT ULCER

YOU MAY NOTICE:

Redness or swelling on any area of your feet.

An open sore on the ball of your foot or your big toe.

Fluid in your socks that isn't sweat.

If the liquid is red, yellow or green or has an unpleasant odor, it may mean you have an ulcer that is infected.

If you see any of these, it is important to seek medical care immediately. Your physician may refer you to a podiatrist, a medical specialist who is trained to treat foot problems like diabetic foot ulcers.



CARING FOR A FOOT ULCER

A diabetic foot ulcer requires medical treatment and time to heal. Without treatment, it can get infected and spread to other areas of your foot, which can limit your normal daily activities.

A podiatrist (also known as a foot doctor), or your physician may provide you with daily wound care guidance such as:

- Stay off your feet until it's OK to put weight on your foot
- Keep your wound clean
- Take your medications as prescribed
- Change your bandages
- Follow a nutrition plan