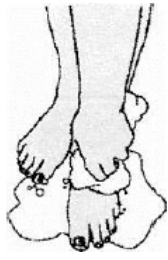


Foot Care

People with diabetes need to take special care of their feet



1. Wash your feet daily with soap and warm water.



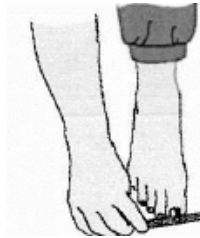
2. Dry your feet well, especially between the toes. You can use a blow dryer if they are difficult to reach.



3. Keep the skin soft with a moisturizing lotion (do not apply lotion between toes).



4. Check often for blisters, cuts or sores. Use a mirror if you have difficulty seeing the bottoms easily. Tell your doctor if you find something unusual.



5. Use an emery board to shape toenails. Shape them even with the ends of your toes.



6. Change socks or stockings daily. Make sure they are soft, clean and the correct size.



7. Try to keep your feet warm and dry. Always wear shoes that fit well and, if possible, wear special padded socks.



8. Never go barefoot – inside or outdoors.



9. Examine your shoes before putting them on for damage or holes, pebbles, nails, or things that could injure your feet.

It is important to see your doctor right away if you notice sores, cuts, calluses or any changes. Consult your doctor before self-treating.



For more information about blood sugar testing call CCHP
Disease Management Program Nurse 925-313-6968



Learn more about Scripps Whittier Diabetes Institute at
scripps.org/diabetes or call 1-877-WHITTIER (944-8843)