

DIABETES

BECAUSE YOU HAVE DIABETES, IT IS IMPORTANT THAT YOU PREVENT ANY INJURY TO YOUR FEET AND FOLLOW A CAREFUL PLAN OF FOOT HYGIENE:

- BATHE YOUR FEET DAILY IN LUKE WARM (NOT HOT) WATER AND RINSE THOROUGHLY. CAREFULLY AND GENTLY, WITH A SOFT TOWEL, PAT (DON'T RUB) YOUR FEET DRY.
- WEAR SHOES THAT FIT WELL-SNUG BUT NOT TIGHT. TO HELP ASSURE DRYNESS, ALTERNATE SHOES. KEEP SHOES IN GOOD REPAIR. BREAK IN NEW SHOES GRADUALLY.
- KEEP YOUR TOENAILS TRIMMED NEATLY, STRAIGHT ACROSS AND EVEN WITH THE TOES. DO NOT DIG UNDER THE TOENAILS OR AROUND THE CUTICLES. DON'T TRY TO REMOVE INGROWN TOENAILS YOURSELF.
- DO NOT ATTEMPT TO TRIM YOUR CORNS AND CALLUSES OR USE COMMERCIAL CORN REMEDIES.
- AVOID EXTREMES OF COLD OR HEAT-IF YOUR FEET ARE COLD WEAR WARM SOCKS. NEVER USE HOT WATER BOTTLES OR HEATING PADS. PROTECT YOUR FEET FROM SUNBURN.
- AVOID WEARING ANYTHING TIGHT AROUND YOUR LEGS OR THAT MIGHT REDUCE THE BLOOD SUPPLY TO YOUR FEET.
- AVOID SMOKING-THIS REDUCES THE CIRCULATION OF BLOOD TO YOUR FEET.
- EXAMINE YOUR FEET DAILY-IF YOU NOTICE CRACKS BETWEEN THE TOES; BLISTERS, CUTS OR SORES; ANY SIGNS OF INFECTION SUCH AS AREAS OF REDNESS OR DISCOLORATION; SWELLING OR PUS; REPORT IT IMMEDIATELY, EVEN IF YOU HAVE NO PAIN.

CARE of the FOOT in DIABETES

Illinois Department of Human Services

CHECK YOUR FEET EVERYDAY

LOOK TOP



LOOK BETWEEN YOUR TOES



AND BOTTOM



CHECK FOR PROBLEMS:

- CUTS
- BLISTERS
- SORES
- SWELLING
- DRY SKIN
- CRACKS



DO NOT TREAT YOURSELF

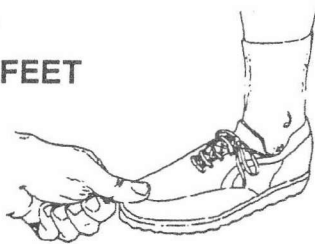


CALL _____ TO REPORT A PROBLEM



SHOE SELECTION

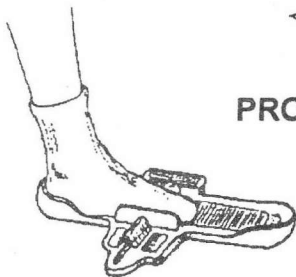
SHOES THAT FIT PROTECT YOUR FEET



CHECK INSIDE OF SHOES BEFORE WEARING THEM



PROPER SIZE



WEAR CLEAN SOCKS
NO HOLES, SEAMS OR
MENDED SOCKS

HAVE THE NURSE CHECK SHOES BEFORE YOU WEAR THEM



NO!



PLASTIC - FLIP FLOPS - POINTY TOED

BAREFOOTED

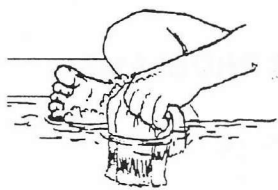
(OVER)

SKIN CARE

CHECK WATER TEMPERATURE



**WASH FEET EVERY DAY
PAT DRY WITH A TOWEL**



DRY BETWEEN TOES



**TREAT DRY SKIN
(not between toes)**

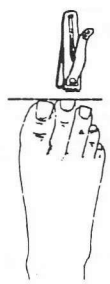


**USE SOCKS TO
WARM COLD FEET**



NAIL CARE

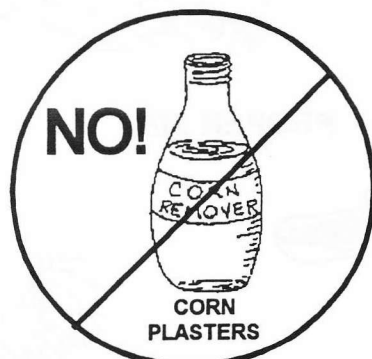
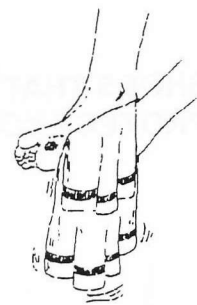
**CUT TOENAILS
STRAIGHT ACROSS**



**SMOOTH EDGES WITH
EMERY BOARD**

CORN AND CALLOUS CARE

**RUB GENTLY WITH
A DRY TOWEL**



**IF YOU HAVE CORN OR CALLOUS
BUILDUP, GO TO THE FOOT CLINIC
MONTHLY TO GET THEM TRIMMED.
HAVE YOUR FEET CHECKED
EVERY TIME YOU SEE YOUR
DOCTOR**