



## Diabetes Foot Care

### A Guide to “Stepping in the Right Direction”

People with diabetes are more likely to develop foot problems because of nerve damage, circulation problems, and infections. Individuals with diabetes should do the following:

1. Get feet examined by a health care professional at least four times a year.
2. Wash your feet every day with warm water and dry with care, especially between the toes.
3. Use a good lotion or cream after washing.
4. Trim toenails after washing feet. Trim straight across and use an emery board to smooth the edges.
5. For corns or calluses, use a pumice stone. Do not use a razor blade.
6. Always wear properly fitted shoes and socks.
7. Exercise to increase circulation to your feet.
8. Keep your blood sugar in control.
9. Use a powder between your toes if your feet sweat.

### Signs and Symptoms of Foot Problems

- Tingling
- Infected corns
- Hurting
- Lack of feeling
- Foot injury that does not heal in three days
- Color change
- Blisters
- Ingrown toenails
- Pain
- Ulcers
- Burning
- Bad odor
- Shiny skin

### What You Can Do

- Inspect your feet for any signs or symptoms of foot problems.
- Wear your glasses if needed.
- Use good lighting while checking your feet.
- Use a mirror for hard-to-see places.
- Ask for help if you need it.
- Examine your shoes for cracks and/or objects.

### Do Not

- Go barefoot.
- Sit with your legs crossed.
- Wear the same pair of shoes everyday.

- Use hot water when washing your feet.
- Soak feet.
- Try to remove corns or calluses with sharp objects.
- Buy new shoes at the end of the day because your feet may be swollen (new shoes should be comfortable).
- Smoke.

If you have any foot problems, talk to your health care provider or see your doctor.

*Note: The above information is ©2009 by the American Diabetes Association, Inc.*