



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Managing Diabetes Resources

Foot Care for People With Diabetes

When you have diabetes, proper foot care is very important. Poor foot care may lead to amputation of a foot or leg. As a person with diabetes, you are more vulnerable to foot problems, because diabetes can damage your nerves and reduce blood flow to your feet. The American Diabetes Association estimates that one in five people with diabetes who seek hospital care do so for foot problems. By taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

Wash and Dry Your Feet Daily

- >> Use mild soaps and warm water
- >> Pat your skin dry; do not rub. Thoroughly dry your feet.
- >> After washing, use lotion on your feet to prevent cracking. Do not put lotion between your toes.

Examine Your Feet Each Day

- >> Check the tops and bottoms of your feet. Have someone else look if you cannot see them.
- >> Check for dry, cracked skin.
- >> Look for blisters, cuts, scratches, or other sores.
- >> Check for redness, increased warmth, or tenderness when touching any area of your feet.
- >> Check for ingrown toenails, corns, and calluses.
- >> If you get a blister or sore from your shoes, do not “pop” it.
Apply a bandage and wear a different pair of shoes.

Take Care of Your Toenails

- >> Cut toenails after bathing, when they are soft.
- >> Cut toenails straight across and smooth with a nail file.
- >> Avoid cutting into the corners of toes.
- >> Do not cut cuticles.