

NOW WHAT about diabetes and feet?

Foot and lower limb complications are common in people with diabetes. Caring for your feet at home and keeping up with your doctor visits are ways to prevent foot problems. Check out the information below to see how you can start caring for your feet today!

FACTS FIRST: Diabetes can cause nerve damage also known as diabetes neuropathy and poor blood flow or circulation to the legs and feet. People with diabetes are less likely to feel a foot injury or wound. If left untreated, an infection can occur and make it more difficult to heal. Even minor foot injuries can quickly become infected, potentially leading to serious complications such as amputation. Small efforts on your part can protect you and your feet.

Spot problems on your feet

Foot care at home

Visit a doctor or podiatrist

ACT ON THE FACTS:

SPOT PROBLEMS ON YOUR FEET. INSPECTING YOUR FEET EVERYDAY CAN PREVENT SMALL INJURIES FROM TURNING INTO SERIOUS ONES.

What to do? Check your feet after removing your shoes or when taking a shower. Make sure to check between your toes and the bottoms of your feet. If you have difficulty seeing the bottom of your feet, use a mirror or have someone check for you. When inspecting your feet, look for cuts, sores, blisters, changes in color, swelling ingrown toenails, fungus, and warts.

FOOT CARE AT HOME. HAVING DIABETES MEANS YOU MUST TAKE SPECIAL CARE OF YOUR FEET.

What to do? Caring for your feet at home is a great way to prevent foot or lower limb complications. Make sure you always wash your feet and between your toes with warm water. Keep your feet dry, especially between your toes. Moisturize the heels to prevent skin cracks. Wear proper footwear for support and comfort. Inspect your shoes for pebbles or anything that can hurt you. Never go barefoot.

WHEN TO VISIT A DOCTOR OR PODIATRIST?

What to do? Visit your doctor when wounds don't heal or the skin begins to change color. For example, red skin that is painful and warm may indicate infection. Black may indicate gangrene is present. Have a yearly medical check-up and ask the doctor to check your feet.



What three things will you do to start caring for your feet?



When will you schedule your appointment with a podiatrist?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://epdiabetes.org/now-what/)