

# Diabetes and Your Feet

Diabetes can damage small blood vessels in your body (in your eyes, kidneys and nerves) and large blood vessels in your body (in your heart, brain and legs). You must learn what steps you can take each day to keep problems from happening. Foot care is very important.

## Follow these steps



1. Check your feet each day. Check the tops and bottoms of your feet.

3. If you get a blister on your foot, do not “pop” it. Call your provider to have it checked.



2. Use a hand mirror if you cannot see the bottom of your foot. Look for dry, cracked skin, blisters, cuts, scratches or other sores.



4. Wash both feet each day with warm water, never use hot water. Pat your skin dry. Do not rub it.

Choose lanolin based lotions, or creams (check the label) that will not dry skin out – lanolin will keep moisture in your skin.

- Do not put lotion between your toes.
- Do not put lotion on your toenails.



# Always wear shoes



- Always wear shoes or slippers.
- Wear shoes that cover your toes and heels.
- Always wear socks with your shoes to keep them from rubbing your skin, and to help keep your feet dry.
- Wear white cotton socks so that you can tell right away if you have a problem (blood or pus)

## Remember:

Keep a close eye on your numbers to keep problems from happening. Fill out the chart below.

Test	Goal	My last value
Hemoglobin A1c	Less than 7 percent	
Blood pressure	Lower than 140/90 mm/Hg	
LDL (bad cholesterol)	Less than 100 mg/dL	
Do I smoke?	Never	

**When you notice a foot problem,  
tell your provider right away.**