HEALTHY FEET WITH DIABETES

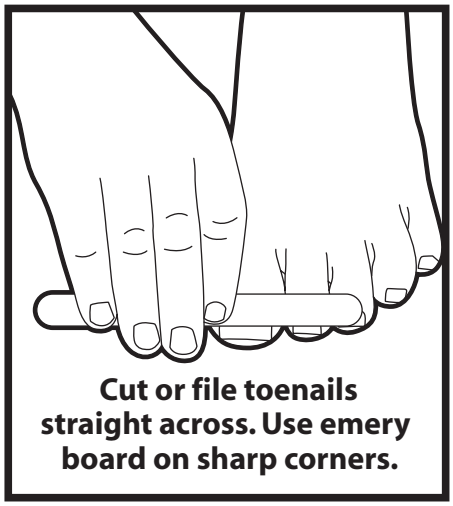
Diabetes And My Feet

Check your feet and toenails every day. Look for sores and cuts.

Wash your feet every day. Use soap and warm water.

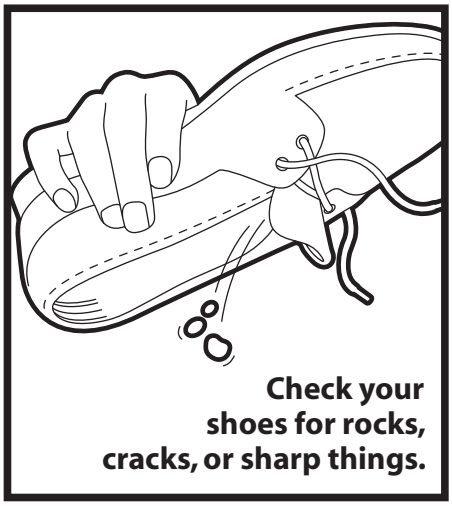
Dry your feet well. Be sure to dry between toes.

Put lotion on feet, but not between toes.



Cut or file toenails straight across. Use emery board on sharp corners.

Do NOT soak your feet.



Check your shoes for rocks, cracks, or sharp things.

Wear shoes and socks that are not too small or too large.

Do NOT go barefoot indoors or outdoors.

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