

Foot Care

Why should you take care of your feet if you have diabetes?

- Diabetes can cause damage to your feet.
- Not keeping your blood sugar in control can lead to poor blood flow and nerve damage, which can cause you to lose feeling in your feet.
- Nerve damage makes it harder to tell if your feet have blisters, cuts or bruises. If blisters, cuts or bruises are not treated, your feet can become infected and your foot might have to be removed.

What are the early signs of foot trouble for people with diabetes?

Early signs can range from a total loss of feeling to a painful feeling in your feet. Diabetes can even cause your feet to change shape, color and temperature. Talk to a doctor or nurse if you have any of these common signs of foot trouble:

- Dry skin
- Burning
- Sores
- Blisters
- Cracking skin
- Tingling of the toes
- Corns
- Pain
- Hair loss on your feet
- Ingrown toe nails
- Thick yellow toenails
- Red pressure point areas

How often should I have my feet checked by a podiatrist (foot doctor)?

- Have a complete foot examination at least once a year.
- If you have problems with your feet, have them examined more often.
- Ask your doctor to refer you to a foot specialist if you are having trouble with your feet.

More tips 

What are the dos for taking care of your feet at home?

- Check your bare feet every day for cuts, sores, pressure points or blisters.
- Wash your feet in warm water every day, but do not soak them.
- Dry your feet with a soft towel, especially between your toes.
- After washing your feet, cover them with an unscented lotion or Vaseline.
- If you see well, trim your toenails carefully. Cut your toenails straight across.
- Ask a doctor or nurse for help in treating corns, blisters and calluses.

What are the don'ts for taking care of your feet at home?

- Do not use hot water when washing your feet.
- Do not put lotion or Vaseline between your toes.
- Do not leave sharp edges that could cut the next toe.
- Never go barefoot; always wear shoes and socks.

What are the best types of shoes to wear?

- To select the right kind of shoe, look for those with:
 - room for your toes to move
 - shoelaces for support
 - cushioned heels that are low and wide
 - a heel that fits snugly enough to prevent rubbing or blisters.
- Buy new shoes in the evening, when your feet are larger from walking and standing all day.

