

# DIABETIC FOOT CARE: 6 STEPS TO HEALTHY FEET

Monitoring and caring for your feet is crucial to avoiding complications related to diabetes. **Check your feet regularly—it could be limb- and life-saving!** Here are 6 expert tips to help you take care of your feet:

**1**

## LOOK AT YOUR FEET EVERY DAY

Use a mirror, take a photo, or ask for help to check for cracks, sores, redness, swelling, or other changes.

If something looks off, contact your foot care provider immediately!



**2**

## WEAR THE RIGHT SHOES

Make sure your shoes fit well and are regularly checked by a podiatrist.

Always shake out your shoes before wearing them—you may not feel a small object inside.

## 3 WEAR SHOES AROUND THE HOUSE

Protect your feet by wearing close-toed shoes indoors to avoid unnoticed injuries.

Sandals leave your heels exposed and can lead to cracked skin.



**4**

## CHECK THE TEMPERATURE OF YOUR BATHWATER WITH YOUR ELBOW

Loss of sensation can make you prone to burns. Test the water with your elbow before getting in.

**5**

## STAY ON TOP OF FOOT HYGIENE

Wash your feet daily, dry them well, and moisturize the tops and bottoms.

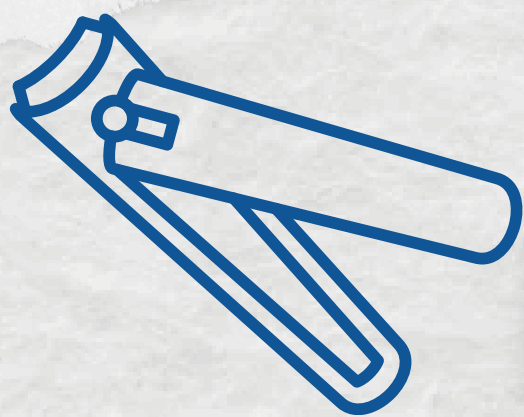
Avoid putting cream between your toes to prevent moisture buildup.



**6**

## GET HELP WITH NAIL CARE

If it's hard to trim your nails or if they're thick or ingrown, seek professional help from a podiatrist or foot care specialist.



### YOUR FOOT HEALTH MATTERS!

Don't risk it—if you're unsure about any part of your foot care, it's always best to consult a professional. Learn more at [invisibleproject.org/diabetes-and-feet](https://invisibleproject.org/diabetes-and-feet)