

# Diabetes and your feet

How to prevent problems with  
your feet.



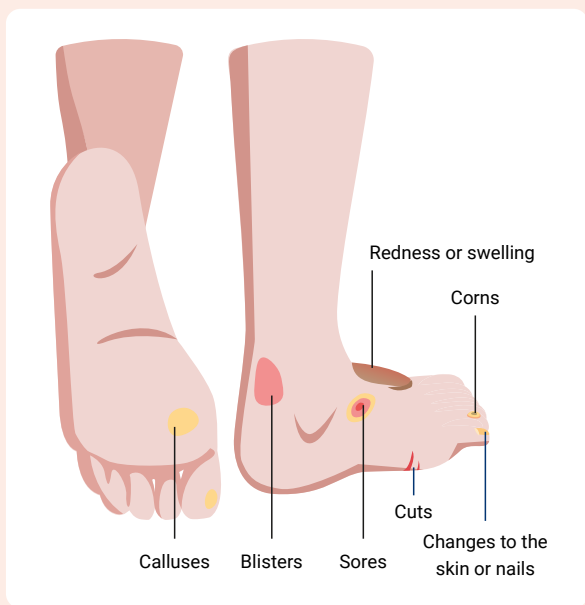
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# Taking care of your feet

Foot problems are a common complication for people with diabetes. Fortunately, most of these complications can be prevented with careful foot care.

## Check your feet every day for:



# Lower your risk of diabetes-related foot problems

Check the temperature of the water before washing your feet.  
Dry your feet well, including between your toes



Moisturise to avoid dry feet, but not between your toes



Trim your toenails straight across and not curved using nail clippers



Shake out your shoes before you put them on



Wear enclosed shoes and socks that fit well and keep moisture out. Avoid open toe shoes such as sandals or flip flops



Do not put your feet near an open flame or hot surface




Do not go barefoot EVER, not even inside



See your doctor right away if your feet hurt



You can check the back and sides of your feet more easily using a mirror.



The information provided in this material is not intended as a substitute for the advice of a healthcare professional.

Consult your healthcare professional for advice on treatment or any specific questions you may have about diabetes.