



## Diabetes Care Sheet

### Foot care

Take care of your feet. Diabetes can change the way your feet feel.

#### DO:

- Inspect your feet daily for scratches and cuts;
- Use a mirror to see the bottom of your feet;
- Wash your feet daily;
- Trim your toenails straight across;
- Wear good fitting shoes;
- Wear seamless socks;
- Check your footwear for foreign objects;

#### DO NOT:

- Soak your feet; avoid extreme temperatures;
- Walk barefoot;
- Wear shoes without socks;

#### See your health care provider if:

- You experience numbness or pain in your feet;
- You develop corns or calluses;
- You notice any changes in the look of your feet.



*"We will be known forever by the tracks we leave."*

– Dakota Proverb

