



National
Indigenous
Diabetes
Association

Association
nationale
autochtone
de diabète

FOOTCARE

10 STEPS TO CARING FOR YOUR FEET

1. Inspect your feet each morning & night
2. Use a mirror for assistance
3. Only soak for 5-10 minutes in warm water
4. Do not soak if you have any open areas
5. Check the water temperature
6. Trim nails on the longer side then file
7. Exfoliate calluses to decrease pressure
8. Dry between/under your toes
9. Moisturize regularly
10. Wear cotton socks & closed toe shoes



NUMBNESS, TINGLING OR BURNING SENSATION CAN BE A SYMPTOM OF NEUROPATHY (NERVE DAMAGE) TO YOUR FEET. IF YOU ARE EXPERIENCING ANY OF THESE, INFORM YOUR HEALTHCARE PROVIDER

