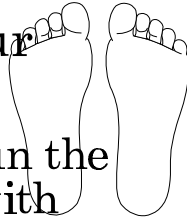


Basic Foot Care



Why Taking Care of Your Feet is Important



High levels of sugar or fat in the blood can cause problems with **NEUROPATHY**. This is a condition caused by a damage to the nerves in the feet, causing pain, numbness, swelling, tenderness, and sores that won't heal. You can seriously injure your feet without realizing they are hurt.

Shoe Selection



- * Buy shoes that fit
- * Buy shoes that protect your feet
- * Check inside shoes before wearing
- * Wear clean socks with no holes or seams
- * **DON'T** wear plastic or pointy toed shoes
- * **DON'T** wear flip flops
- * **DON'T** go barefooted

Skin Care

- * Check water temperature before entering bath
- * Wash feet every day and pat dry with a towel
- * Dry between toes
- * Treat dry skin to keep it soft
- * **DON'T** use heating pad, hot water bottle, or soaking



Nail Care

- * Cut toenails straight across
- * Smooth edges with an emery board
- * For thick, problem nails, see a podiatrist
- * **DON'T** use razor blade, knife, or scissors

What to do

- > Do a daily "foot check".
- > Tell your doctor about any injury.
- > Have a foot exam every 3 months.
- > Lower blood pressure if high.
- > Lower blood sugar to an acceptable range.
- > If you smoke, stop. Smoking decreases the circulation.
- > If you drink alcohol, cut back.



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