



## The **LOW RISK** Diabetic Foot

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It is important for you to take exceptionally good care of your feet. Diabetes is a life-long disease that over time can cause damage to nerves and blood vessels. This can lead to loss of feeling and decreased circulation in your feet.

You have been given this **Low Risk** information sheet because your foot examination shows that at the present time, the:

- Skin on your feet is healthy.
- Shape of your nails, toes, and feet is normal.
- Blood vessels in your feet remain healthy.
- Nerves in your feet remain healthy.

### **How to Keep Your Feet Healthy**

Check out the following ways that **you** can help prevent foot problems:

- Control your blood glucose.
- Do not smoke!
- Have your healthcare provider examine your feet **at least once a year**.
- Check your feet everyday. Look at the tops and bottoms of both feet. You may need to use a mirror. Check between the toes. If you are unable, have someone examine your feet for you.
- Wash your feet daily. **Do not soak! Dry well, especially between the toes!**
- Trim your toenails straight across, and smooth the edges with a file or emery board.
- Apply a moisturizer over the tops and bottoms of your feet **but not between your toes**.

...Over

## How to Keep Your Feet Healthy (cont)

- Wear socks that have non-elastic tops and are free from bulky seams. Always check inside your socks for any foreign objects or rough surfaces before putting them on. Wearing socks inside out can prevent the seams from rubbing the skin.
- Wear comfortable, well-fitting shoes with cushioned soles. Soft breathable materials such as lycra, soft leather, or suede, are best. Choose adjustable footwear with laces or velcro.
- Always check inside your shoes for any foreign objects, rough seams, or ridges before putting them on.
- Use a pumice stone daily (on dry feet) to keep calluses under control. **Never try to cut calluses or corns!** See your doctor or foot care specialist.
- **Do not use chemical agents** such as medicated corn plasters. Seek advice from your healthcare provider.
- Promptly report any changes noted in your feet.

**If you notice any swelling, warmth, redness, or pain in your legs or feet, see your doctor right away!**