

Foot Care for People with Diabetes

CHANGINGlife
WITHDIABETES

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. This page shows some more things you can do to keep your feet healthy.



Ask your diabetes care team how you should care for your toenails.



Wash your feet in warm water every day.



Wear clean, soft socks that fit you.



Dry your feet well, especially between the toes.



Keep your feet warm and dry. Always wear shoes that fit well.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Never walk barefoot indoors or outdoors.



Inspect your feet every day for cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



Examine your shoes every day for cracks, pebbles, nails, or anything that could hurt your feet.

Take good care of your feet – and use them. A brisk walk every day is good for you.

For more information, call the Novo Nordisk Diabetes Tip Line at 1-800-260-3730, or visit us online at ChangingDiabetes-us.com.

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