

FOOT CARE FUNDAMENTALS

Good blood sugar control – Know your HgA1c number (and your target HgA1c number).

Inspect your feet daily — look for cuts, blisters, redness, swelling, or nail problem.

Keep your feet clean and healthy — wash them daily with soap and dry them carefully, especially between the toes. Use moisturizer on your lower legs and feet regularly (except between the toes).

Be very careful when soaking your feet — especially if you have neuropathy.

Visit a podiatrist — at least annually for a foot inspection.

Find out if your feet are “at risk”. — If your feet are “at risk”, turn your foot care over to your podiatrist. If your feet are not “at risk”, carefully trim and file smooth your toenails.

Always wear the proper shoes and socks. — If your feet are “at risk”, wear your protective footwear — never go barefoot. Check the insides of your shoes before you put them on.

Avoid tobacco use — if you smoke, quit.

Exercise on a regular basis — go for a walk every day.

Know your Diabetic Foot Category — 1) No Significant Issue, 2) Impaired Nerve Function, 3) Impaired Blood Flow to the feet (PAD), 4) Structural Deformity of the feet, and 5) Prior foot ulcer and/or amputation — this category requires extra special attention.