

*“We will be known forever
by the tracks we leave.”*

--Dakota Proverb

Take care of your feet.

Diabetes can change the way
your feet feel.

Do:

Inspect your feet daily for
scratches and cuts;

Use a mirror to see the
bottoms of your feet;

Wash your feet daily;

Moisturize them, especially
between the toes;

Trim your toenails straight
across;

Wear good fitting shoes;

Wear seamless socks;

Check your footwear for
foreign objects.

Do Not:

Soak your feet; avoid extreme
temperatures;

Walk barefoot;

Wear shoes without socks.

See your health care provider if:

You experience numbness
or pain in your feet;

You develop corns or calluses;

You notice any changes in
the look of your feet.