

Steps for Healthy Feet

General Health

- 1 Control your blood glucose levels.
- 2 If you smoke, quit.
- 3 Exercise daily as directed by your healthcare professional.

Caring for Your Feet

- 1 Look for signs of redness or blisters on your feet. This shows your shoe may not fit properly.
- 2 Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.
- 3 Do not soak your feet.
- 4 If you are unable to reach your toes or do not have feeling in your feet, have a healthcare professional trim your toenails for you.

Footwear

- 1 Shake out your shoes before you put them on.
- 2 Wear shoes at all times, indoors and out.
- 3 Buy shoes with closed toes as they protect your feet from injury.
- 4 Change your socks every day.
- 5 Buy shoes late in the day as feet tend to swell.
- 6 Have your shoes professionally fitted by a footwear specialist.

I will take care of my feet and make the changes needed to help keep my feet healthy!

DATE

SIGNATURE

This section is perforated for your personal reference.

Make the most out of your visit with your healthcare professional by asking these 3 questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

National Patient Safety Foundation

Sign up online at
www.cawc.net/diabetesandhealthyfeet
to receive your **FREE** monthly tip.

Visit us to read personal stories about foot care for people with diabetes, find a foot care professional, find the answers to frequently asked questions and more!

Canadian Association of Wound Care  Association canadienne du soin des plaies

Canadian Association of Wound Care

642 King St., West Suite 200
Toronto, ON M5V 1M7

Tel: 416-485-2292 Toll-Free: 1-866-474-0125

Email: healthyfeet@cawc.net

Web site: www.cawc.net/diabetesandhealthyfeet

Production of materials has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions. Specific medical concerns should be directly handled by a qualified healthcare professional.

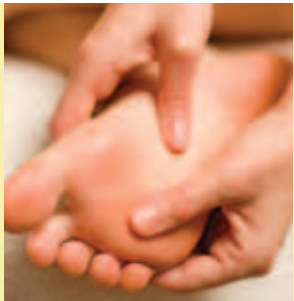
Canadian Association of Wound Care  Association canadienne du soin des plaies

Diabetes, Healthy Feet AND YOU



**How healthy are
YOUR feet?**

Know the signs.



Are your feet...

Numb, painful or tingling?
Do your feet feel like blocks of wood?

IF YES



- Control your blood glucose levels.
- Have a healthcare professional trim your toenails and care for the skin on your feet.
- Have your shoes professionally fitted.



Changing shape?
Is one foot different than the other?
Any change is important.

IF YES



- Avoid too much walking.
- Visit your healthcare professional as soon as possible.
- Have your shoes professionally fitted.



Dry, callused or cracked?
Do they have sores or blisters?

IF YES



- Changes to your skin should be seen by a healthcare professional.
- Wash a sore or blister with warm water; dry well, and cover with a bandage. See a healthcare professional today.
- Avoid walking on your foot as it heals.

Please continue to check your feet every day for any changes or signs of injury.

If you have answered **YES** to any of these questions, please see a healthcare professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a healthcare professional.

Have your healthcare professional check your feet AT LEAST 1-2 times per year or more if required.

Your Healthcare Professional Team

Chiropodists or Podiatrists: specialize in treating foot diseases, disorders and dysfunctions

Diabetes Educators: provide education on diabetes, including foot care

Doctors: assist in diabetes management, and some have specialized training in foot care

Nurses: some have specialized training in foot care

Orthotists / Prosthetists: specialize in orthotic and prosthetic devices

Pedorthists: specialize in orthotics, footwear and footwear modifications

Key Phone Numbers:

.....
Chiropodist or Podiatrist

.....
Diabetes Educator

.....
Doctor

.....
Nurse

.....
Orthotist / Prosthetist

.....
Pedorthist

.....
For more information, visit
www.cawc.net/diabetesandhealthyfeet