See Your Chiropodist If:

- You have swelling and feel numbness, weakness and redness in your feet.
- There are blisters or a rash on your feet.
- There is a change in color, appearance of feet, skin or toenails.
- The skin is cracked, scaling, peeling or bleeding.
- There is a sore on your foot.
- If there is any swelling in any joint in your foot.

"Happy Feet = Healthy Feet"

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Caring for your Feet:

**Protect your feet:**

- **Diabetes education on foot health includes an annual foot assessment and providing information on preventing complications.**
- Keep your shoes fit your feet properly.
- Make sure your shoes fit your feet properly.
- Check to make sure there is nothing in your footwear before putting it on, check inside your footwear for rough seams and lining.
- Protect any skin exposed to the sun by using sunscreen.
- Always wear socks when wearing shoes.
- Avoid walking barefoot.
- Make sure your feet examined on a regular basis by a Chiropodist.
- “Diabetes education on foot health includes an annual foot assessment and providing information on preventing complications.”
- Use your hand mirror to look at the bottom of your feet. Check for any:
  - cuts
  - blisters
  - ingrown toenails
  - anything else that is unusual
- Use a pumice stone to prevent calluses from forming.
- Dry your feet carefully, with a towel especially between your toes.
- Feel the skin temperature on each foot. If the temperature of each foot is different, please contact your doctor/chiropodist.
- Do not soak your feet for more than 10 minutes.
- Trim your toenails, straight across and file any sharp edges.
- Wear clean, white socks.
- Clean cuts or scratches, with mild soap and water. Do not soak your feet.
- Apply lotion to the top of your feet and soles. Not in between toes.
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