

## Take Special Care

- Do not soak your feet more than 10 minutes. This can dry out the skin.
- Never walk barefoot. Always wear well-fitting slippers or shoes around the house and outside.
- Never cut corns or callouses with razor blades or scissors.  
You risk cutting yourself and causing infection.
- Never use corn or wart cures. These contain acid that can harm your skin.  
See a Chiropodist for help with corns, callouses or warts.
- Do not use heating pads or hot water bottles. These can burn your feet.

## Nail Care

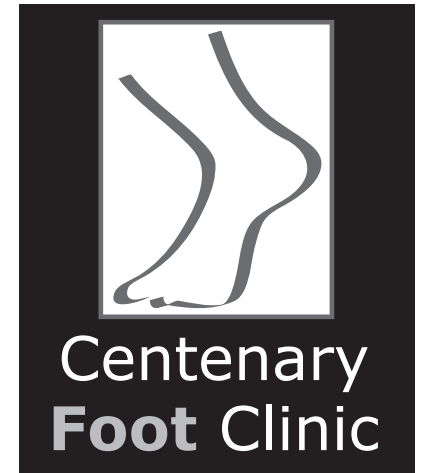
- Cut your toenails almost straight across.
- Never cut down the sides or too short. This can cause ingrown nails.
- See a Chiropodist to get help cutting your toenails if:
  - ⤵ Your eyesight is poor
  - ⤵ You have trouble cutting the nails
  - ⤵ Your circulation or sense of feeling is poor.

**If you have any concerns about your feet, see your Chiropodist or Doctor - even for small problems.**



**A Chiropodist**  
(pronounced ker-o-pod-ist) is a health professional trained to treat foot problems.

**foot care and diabetes**



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Foot care is very important for people with diabetes. The feet are often the first part of the body to be affected by diabetes. Regular foot care can help prevent serious foot problems.

We are concerned about foot problems because:

Foot problems are common for people with diabetes. It is important to check your feet daily for cuts, abrasions and signs of irritation.

Diabetes can damage blood vessels, causing poor blood flow to the feet (poor circulation). This can cause slower healing and increase your risk of foot infection.

Diabetes can damage nerves, causing a loss of feeling. People with diabetes may hurt their feet and not know it.

Not every person with diabetes will have these problems, but all diabetics should take care of their feet.

You can help avoid foot problems by taking a few easy steps every day.

## Everyday Foot Care

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- Check your feet daily to catch problems early.
- Look at the nails, the skin and between your toes for cracks, cuts, sores, blisters, redness, swelling or any change of colour.
- If you find any problems, call your doctor or chiropodist right away.

## Washing

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- Gently wash your feet in warm water and mild soap.
- Check the temperature of the water with your wrist - make sure that it is not too hot so you prevent burns.
- Thoroughly rinse your feet of soap.
- Dry your feet gently after bathing. Also dry well between your toes to keep the skin healthy.

## Skin Care

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- For dry skin, use a cream after bathing. Do not put it between your toes.
- For moist skin, apply rubbing alcohol or talcum powder.

## Footwear

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- Make sure socks and shoes fit well and are not too tight.
- Wear cotton or wool socks with smooth seams. Do not wear shoes with seams that can rub on your toes. Change your socks and shoes daily.
- Proper footwear is essential in the prevention and healing of foot ailments. A footwear evaluation appointment may be scheduled with your chiropodist to determine if your present footwear needs any adjustments and to prevent any future problems.

