



Healthy Feet are Happy Feet!

Foot problems are a serious risk to people with diabetes.

But you can help keep your feet healthy if you follow these simple guidelines.



- **Take care of your diabetes.** Work with your health care provider to keep your blood sugar at a healthy level.
- **Get regular diabetic foot exams.** You should get your feet checked at least once a year, and more often if you or your provider finds a problem.
- **Check your feet every day.** This can help you find and address problems early before they get worse. Look for sores, ulcers, toenail cracks, and other changes in your feet.
- **Wash your feet every day.** Use warm water and mild soap. Dry thoroughly.
- **Wear shoes and socks at all times.** Make sure your shoes are comfortable and fit well.
- **Trim your toenails regularly.** Cut straight across the nail and gently smooth edges with a nail file.
- **Protect your feet from excess heat and cold.** Wear shoes on hot surfaces. Don't use heating pads or hot bottles on your feet. Before putting your feet in hot water, test the temperature with your hands. Because of reduced sensation, you can burn your feet without knowing it. To protect your feet from the cold, wear socks in bed, don't go barefoot. In the winter, make sure you wear lined, waterproof boots.
- **Keep blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes for a few minutes two or three times a day. Stay active, but choose activities that are easy on the feet, such as swimming or biking. Talk to your provider before starting an exercise program.
- **Don't smoke.** Smoking reduces blood flow to the feet and can make wounds heal slowly. Many diabetics who smoke need amputations.

To file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

Corporate Office:

1979 Marcus Avenue, Lake Success, NY 11042-1072 • Patient Services: (516) 231-9767
Toll-Free: (800) 238-3773 • Email: esrdnetworkprogram@ipro.us • Web: esrd.ipro.org

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