

# ADVANCED FOOT CLINIC

Dr. Stephen Pirootta

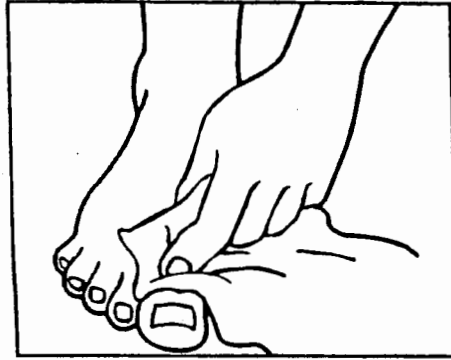
1-800-900-8516

# Foot Care for People with Diabetes

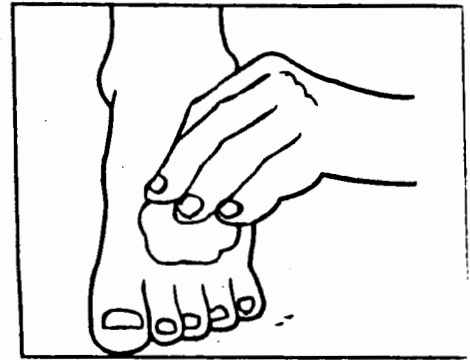
*People with diabetes have to take special care of their feet.*



**1** Wash your feet daily with lukewarm water and soap.



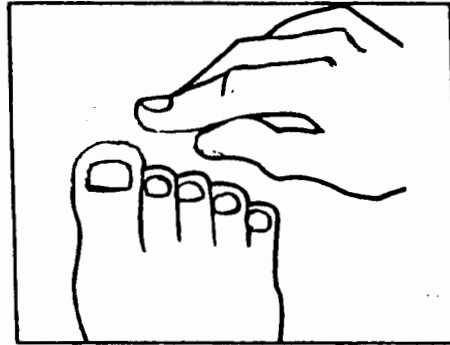
**2** Dry your feet well, especially between the toes.



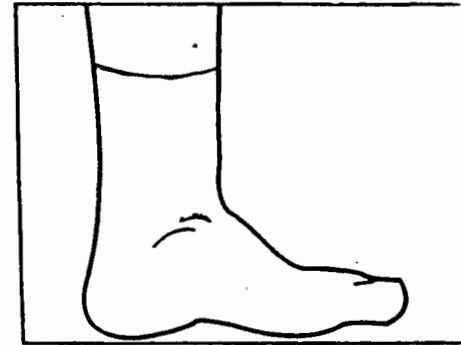
**3** Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



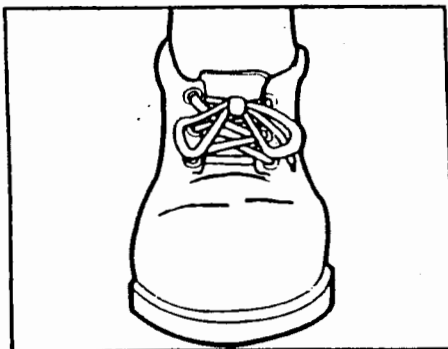
**4** Check your feet for blisters, cuts or sores. Tell your podiatrist if you find something wrong.



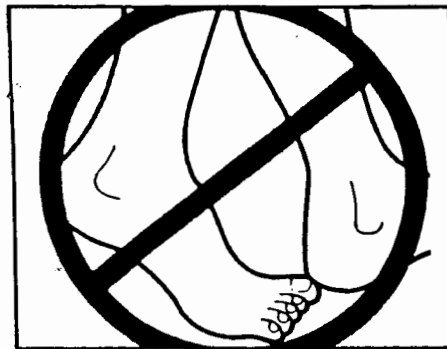
**5** See your podiatrist regularly for care of your nails and foot exams.



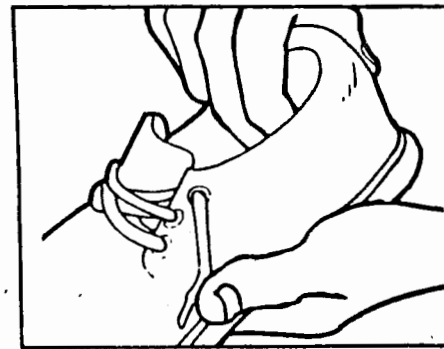
**6** Change daily into clean, soft socks or stockings, not too big or too small.



**7** Keep your feet warm and dry. Preferably wear special padded socks and always wear shoes that fit well.



**8** Never walk barefoot indoors or outdoors.



**9** Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

*Take good care of your feet - and use them.  
A brisk walk every day stimulates the circulation.*

- 10.** Do not use heating pad or hot water bottle on your legs or feet for any reason.
- 11.** Be careful with sharp instruments. Do not cut corns or callouses off of your feet.
- 12.** Do not use chemical agents to remove warts, corns or callouses.
- 13.** Do not use adhesive tape on your skin.
- 14.** Maintain proper body weight.
- 15.** Do not smoke.
- 16.** Walking is the best exercise for your feet, provided that your shoes fit properly.
- 17.** Have your feet examined by your podiatrist at least twice per year, and 4 times per year if you need your nails, corns, or callouses trimmed, or if you have bad circulation.

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**SPECIALIZING IN:**

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