For More Information, Please Visit:

National Diabetes Education Program
1-800-860-8747
www.ndep.nih.gov

American Association of Diabetes Educators
1-800-338-3633
www.diabeteseducator.org

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
www.diabetes.org

American Podiatric Medical Association (APMA)
301-581-9200
www.apma.org

Centers for Disease Control and Prevention
1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services
1-800-MEDICARE (1-800-633-4227)
www.medicare.gov/coverage/therapeutic-shoes-or-inserts.html

Questions?
Come Visit Us.

Winooski Family Health
32B Mallets Bay Avenue
Winooski, Vermont, 05404
802-655-4422
www.chcb.org
FOOT CARE FOR DIABETES

To Avoid Foot Complications, Follow these Simple Guidelines:

1. Inspect your feet daily.
   - Check for small cuts, blisters, or redness.
     If you have trouble bending over, use a mirror.

2. Wash your feet each day in warm water every day.
   - Avoid using hot water, and test the water temperature with your elbow.

3. Dry your feet completely, especially between the toes.
   - Moisturize daily to prevent dry feet, but don’t moisturize between toes to prevent fungal infections.

4. Never walk barefoot, even indoors.

5. Wear clean, dry socks.

6. Consider special diabetic socks.
   - These socks have extra cushioning and can help reduce moisture in your feet.

7. Take care of your diabetes.
   - Keep your blood sugars under control by taking your medications as directed.

8. Have your feet checked at every healthcare visit.

9. Always wear shoes that fit well.
   - Before putting on your shoes, feel inside for stones or sharp edges that can damage your feet.

10. Consider wearing special diabetic shoes.
    - Medicare can cover the cost of some custom-made shoes with moldable insoles.

Why Proper Foot care is Important:

- Diabetes is a disease of high blood sugars. Over time, high blood sugars can cause damage to the nerves in your feet.

- Diabetes can cause nerves to stop working, causing you to lose feeling in your feet.

- Diabetes may also reduce blood flow to the feet, making it harder to heal injuries or infections.

- Because of these problems, you may not feel small stones inside your shoes or socks. This can result in non-healing ulcers that can become infected, leading to amputations.