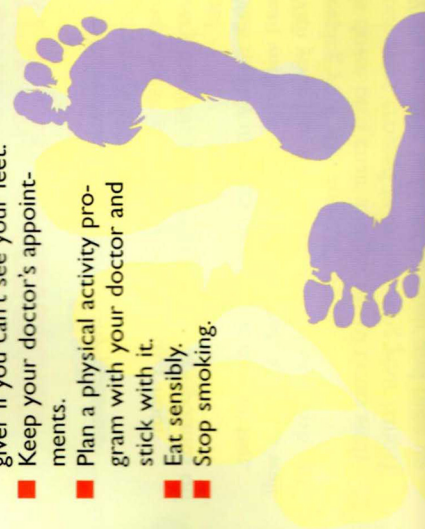


- on your tiptoes and then back down 20 times. Try alternating your weight on each foot.
- Stand with one foot on a book or thick board, and while holding on to a chair or table swing the other leg back and forth 10 times. Switch legs and repeat.
- Sit on the floor and lean back. Shake your feet until they are relaxed and warm.

TAKE CARE OF YOUR FEET - THEY HAVE TO LAST A LIFETIME.

FOOT CARE CHECKLIST

- Read and use the list of foot care tips in this brochure.
- Put brochure where you will see it every day.
- Get a pair of nail clippers, an emery board and a pumice stone.
- Buy loose soft cotton or wool socks.
- Ask your doctor if you qualify for special shoes covered by Medicare.
- Buy one or more pairs of shoes that fit well and cover your feet. Give away shoes that do not fit well or have open toes.
- Place slippers by your bed to wear when you get out of bed.
- Get a mirror to help you see the bottom of your feet.
- Ask for help from a family member or care giver if you can't see your feet.
- Keep your doctor's appointments.
- Plan a physical activity program with your doctor and stick with it.
- Eat sensibly.
- Stop smoking.



The mission of the Diabetes Foundation of Mississippi is to provide hope through programs, services and research to all Mississippians – from our children to our seniors – affected by diabetes.

The Diabetes Foundation of Mississippi is the state's premier nonprofit organization providing diabetes research, services, information and advocacy. The Foundation is supported only by **your** donations. **100% of all donations stay in Mississippi!**

Diabetes On Call (DOC) is a free statewide education and referral service, providing the latest information on diabetes management and research.

Your donations also support

- Camperships for Children with Diabetes
- Professional Scientific Sessions
- Health Fairs
- Research
- School Programs
- Services for Uninsured Mississippians
- Healthy Senior Programs
- Screening for High Risk Populations (African American, Native American, Asian American, Hispanic/Latino)



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FOOT CARE



DIABETES FOUNDATION
OF MISSISSIPPI, INC.



For more information on Diabetes, please call the:

Diabetes Foundation of Mississippi at

1-877-DFM-CURE

(1-877-336-2873)

or 601-957-7878

800 Avery Blvd, Suite 100
Ridgeland, MS 39157

www.msdiabetes.org

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WHY IS FOOT CARE SO IMPORTANT?

- Diabetes often damages the nervous and circulatory systems.
- In diabetic neuropathy, nerves are impaired. A person with diabetes can lose their "position sense" so that the feet strike objects in their path and are injured. Nerve damage also reduces sensitivity to heat, cold or even pain. Thus a foot injury may go unnoticed and untreated.
- When blood circulation is poor, the tissue in the foot has a harder time fighting infections. Untreated problems can lead to open sores (ulcers), gangrene, amputation and even death.
- Persons with diabetes must view all foot problems as potentially dangerous and avoid or quickly treat them.

STOP PROBLEMS BEFORE THEY START

- Work with your health care team to maintain your blood glucose level within a good range.
- Bathe your feet in warm, not hot, water and inspect them daily to help prevent infections. Get any fuzz or debris out from between the toes as you dry them.
- Look for cuts, blisters, red spots, swelling, etc. If necessary, use a mirror to check the bottoms of your feet or have a responsible family member help you.
- Diabetes can cause skin dehydration. If your skin is dry, prevent cracking by spreading a thin film of skin moisturizer on the soles while they are still wet. Do not rub the lotion between the toes.
- Trim toenails straight across. Smooth edges with an emery board or file to keep from nicking other toes.
- Call your doctor right away if any wound you discover does not begin to heal in one day.
- Tell your doctor you have diabetes, and whenever

er you visit, have the doctor check your bare feet. A professional may see something you missed.

AVOID INJURY FROM HOT OR COLD

- Check the temperature of your bath water with your forearm or elbow before sticking in your foot.
- Don't walk barefoot on hot sand or asphalt.
- At the pool, wear sunscreen on your feet.
- Don't put ice on your feet. If flesh freezes, it is damaged and this can lead to infection. Chilling also reduces blood circulation in the feet and limbs.
- Wear loose socks to bed if your feet are cold. Don't cook your feet with a hot water bottle, heating pad or car heater.

AVOID WOUNDS TO THE FEET

- Anything that breaks the skin can lead to infection. This includes stepping on a nail, stubbing your toe or getting a blister from ill fitting shoes. **NEVER GO BAREFOOT!!!**
- Do not cut out corns or calluses. Have a physician or podiatrist treat these and teach you how to properly use a pumice stone or emery board to file down calluses.
- Use of over-the-counter corn medicines should be avoided as they contain acids which destroy tissue. Your remaining skin will be fragile and susceptible to breaks.
- Buy comfortable shoes. Your feet swell as the day goes on, so any new shoes should be fitted and bought late in the day. The widest part of the shoe should match the widest part of your foot. The shoe should follow the natural outline of your foot. The top of the shoe should be soft and flexible, and the lining should be free of wrinkles, ridges or seams. Modern walking or running shoes may be beneficial.

- Do not buy sandals or open toe shoes. This leaves too much foot exposed to potential injury, and thongs between the toes often rub blisters.
- Never wear new shoes for more than 2 hours at a time. Wear different shoes in the morning, afternoon and evening so that they do not put pressure on the same spots for more than 5 hours at a time.
- Never wear socks or stockings with seams. They can cause irritated skin or blisters.
- Let your feet breathe. Never wear 100% synthetic socks. Use 100% cotton or blends. Wool should only be worn in the winter, and then only if it is non-irritating to you. Check with your doctor about socks/stockings made for people with diabetes.

DON'T CUT OFF CIRCULATION TO FEET

- Do not use elastic or garters to hold up stockings or panty girdles that are tight around the legs.
- Wear loose socks.
- Don't sit with your legs crossed.
- Avoid smoking, caffeine, and temperature extremes.

INCREASE CIRCULATION WITH LEG EXERCISES

- Good circulation helps avoid many potential infection problems.
- Take a brisk walk for 30 minutes to 1 hour every day. This helps keep those extra pounds off too!
- Walk quickly up stairs on the balls of your feet.
- Lean with the palms of your hands against a wall. With your feet flat on the ground, do "push ups" keeping your legs and back straight.
- Sit down on a chair and get up 10 times with your arms crossed (without using your hands).
- While standing, hold onto a chair and raise up