

# Diabetic Foot Disease Prevention

If you are living with diabetes, it's crucial to maintain your foot health by incorporating a daily routine. Even if your feet seem fine, make it a habit to inspect them regularly. Managing diabetes involves routine monitoring of blood sugar levels, preparing nutritious meals, finding time for physical activity, taking medications, attending medical appointments, and foot care.

**Dedicating time to daily foot care is a highly effective preventive measure against potential complications.**

**If you notice any of the following symptoms, speak with your health care or foot care professional right away:**

- Tingling, burning, or pain in your feet.
- A change in the shape, color, or temperature of your feet.
- Dry, cracked skin on your feet.
- Loss of feeling or ability to sense heat or cold.
- Thick, yellow toenails.
- Loss of hair on your toes, feet, and lower legs.
- A fungus infection, such as athlete's foot, between your toes.
- A blister, sore, ulcer, infected corn, or ingrown toenail.

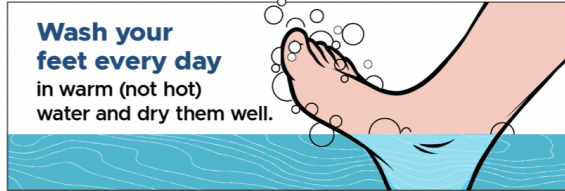
## TIPS FOR HEALTHY FEET

Most people with diabetes can prevent serious foot problems.

**Check your feet every day** for cuts, redness, swelling, sores, blisters, corns, or calluses.



**Wash your feet every day** in warm (not hot) water and dry them well.



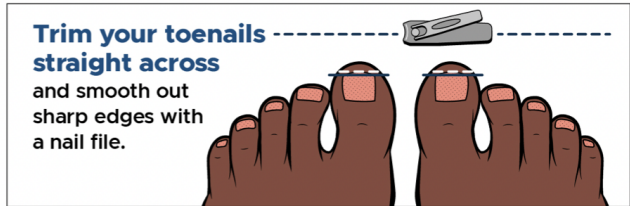
**Never go barefoot, even inside.**



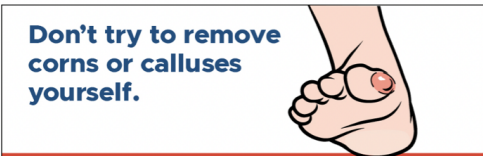
**Wear shoes that fit well** and always wear socks.



**Trim your toenails straight across** and smooth out sharp edges with a nail file.



**Don't try to remove corns or calluses yourself.**



**Get your feet checked at every health care visit** and visit your foot doctor at least once a year.



**LEARN MORE:** [www.cdc.gov/diabetes/library/features/healthy-feet.html](http://www.cdc.gov/diabetes/library/features/healthy-feet.html)

