

Appendix H: Care Tips for the Feet

Did you know that having diabetes puts you at risk of developing complications such as foot ulcers?

Yearly exam needed!

Have a health professional examine your feet at least once a year.
Find out if you have lower or higher risk feet.

Risk Factors for Foot Ulcers:

- A previous foot ulcer
- Loss of normal feeling in your feet
- Abnormal shaped foot, including calluses, and bunions
- Poor circulation to your feet

Managing your blood sugar is important for healthy feet – See your healthcare provider! Get complete diabetes education.

Protect your feet – Follow these simple guidelines:

1. Check your feet daily

- Look for red areas, blisters or any open area. If you cannot do this yourself, have someone else check for you.
- See your doctor or foot specialist right away if you find a problem!



2. Protect your feet - always wear shoes!

- Wear shoes that fit well, support your foot and are not too tight. Do not wear shoes that cause reddened or sore areas.
- See a specialist for footwear advice if you have a higher risk foot.



3. Keep your skin clean and soft

- Wash your feet regularly, but do not soak them. Dry well between your toes. Check that the water is not too hot before putting your feet in it.
- Use unscented creams. Do not put cream between the toes.



4. Don't hurt yourself with nail clippers or razors

- Cut your nails straight across. Get help to cut your nails, if needed.
- Don't cut calluses. See a local foot care clinic.
Many are covered by the Ontario Health Insurance Plan (OHIP).

