Foot Care for People with Diabetes

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

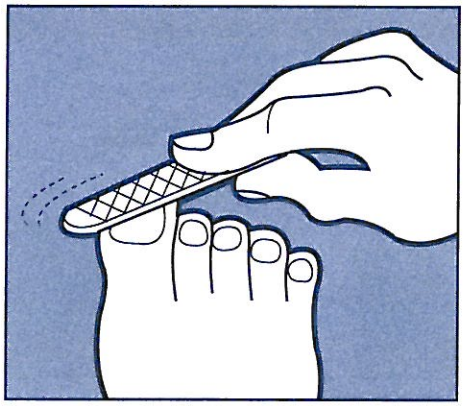
Novo Nordisk DIABETES Care

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

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

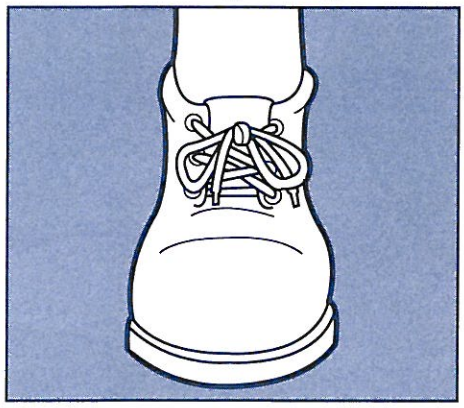
3 **Keep the skin supple** with a moisturizing lotion, but do not apply it between the toes.

4 **Check your feet** for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



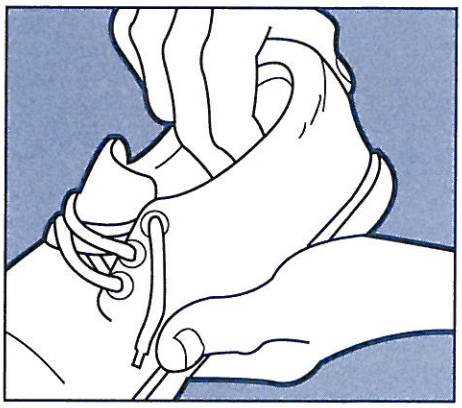
5 **Use emery board gently** to shape toenails even with ends of your toes. Do not use a pocketknife or razor blades.

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.

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