



## **WE CAN BE STRONGER THAN DIABETES**

### *Healthy Feet are Happy Feet*

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

If you have diabetes, keeping your feet healthy is important. Ask your doctor what you can do to avoid serious foot problems that may lead to toe, foot, or leg amputation.

Ask your doctor to check your feet at every visit. But also check your feet yourself everyday! Diabetes can make your feet feel numb and you might not notice an injury unless you look. Especially watch for changes in the shape of your feet or any ulcers or sore spots.

If you have diabetes, here are a few tips to help you take care of your feet:

- Wash your feet everyday. Be sure to dry between your toes.
- Keep the skin soft and smooth by rubbing lotion on the tops and bottoms of your feet.
- Ask your doctor about the best way to take care of corns and calluses.
- If you can see and reach your toenails, trim them each week or when needed. If you can't see well, ask a family member or your doctor to help you.
- Never walk barefoot. Even indoors, wear shoes and socks.
- Protect your feet from hot and cold.
- Keep the blood flowing to your feet. That means put your feet up when sitting, don't leave your legs crossed for long periods of time, and wiggle your toes for 5 minutes, 2 or 3 times a day.
- Talk to your doctor about increasing your physical activity.
- Call your doctor right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.

Get started now by taking good care of your feet today. Set a time everyday to check your feet!

To order your free copy of *Feet Can Last a Lifetime* or other NDEP materials, please visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*