Foot Care for People with Diabetes

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

1. **Wash your feet daily** with lukewarm water and soap.
2. **Dry your feet well**, especially between the toes.
3. **Keep the skin soft** 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 an emery board** to gently shape your toenails straight across. Do not use scissors or nail clippers.
6. **Wear clean, soft socks** that fit you.
7. **Keep your feet warm and dry**, if you can, 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 is good for your feet.*

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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