

DIABETES & FOOT CARE



WHY SHOULD I CHECK MY FEET IF I HAVE DIABETES?

Uncontrolled blood sugar in diabetes can lead to problems with the nerves in your feet. That can result in numbness and loss of feeling. With reduced feeling in your feet, a small problem, like a blister or sore, could lead to a bigger problem requiring antibiotics or even hospitalization.



WHAT SHOULD I LOOK FOR WHEN I CHECK?

- Sores or blisters
- Dry or cracked skin
- Redness or tenderness
- Hard spots



HOW DO I PROTECT MY FEET?

- Wear comfortable socks and shoes at all times
- Protect feet from heat, cold, scrapes or cuts
- Keep blood flowing in feet and toes by wiggling toes and move feet up and down for a few minutes several times a day
- Wash feet everyday with mild soap and water
- Trim toenails straight across

**TALK TO YOUR DOCTOR IF YOU NOTICE
ANY PROBLEMS WITH YOUR FEET!**

HAVE ANY QUESTIONS?

CONTACT THE TRIA HEALTH HELP DESK 1.888.799.8742