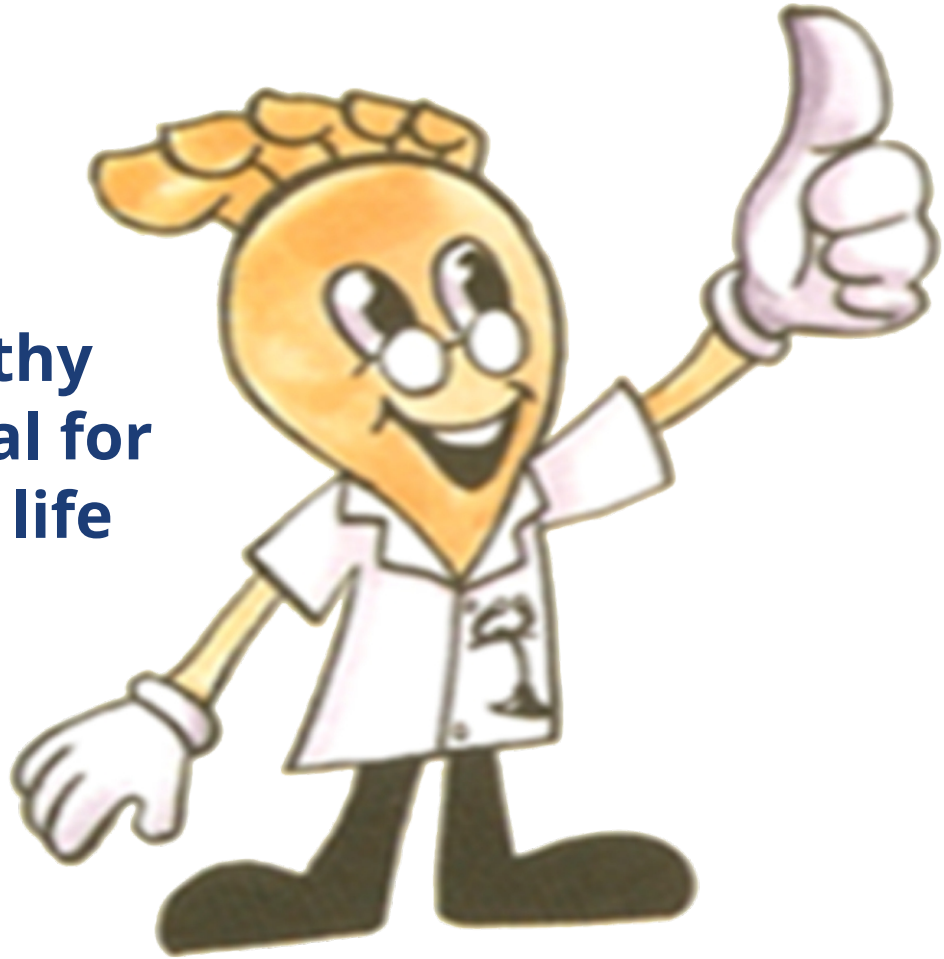


**Happy and healthy
feet are essential for
an independent life**



Do's of Foot care

- Wash and dry feet every day, especially between the toes
- Use a mirror to see the bottom of feet if you can not lift them up
- Check feet every day for cuts, cracks, bruises, blisters, sores, infections

Do's of Foot care



Wash and dry



Check the bottom



Check every day

Do's of Foot care

- Apply a good skin lotion every day on your heels and soles.
Wipe off excess
- Trim your nails straight across
- Check the colour of your legs & feet
 - seek help if there is swelling, warmth or redness

Do's of Foot care



Apply skin lotion

Trimming toenails



Correct

Cut nails straight across.
Don't cut low at the edges
Let nails grow past the
flesh of your toes



Incorrect

Do not cut nails too short
into the curves.
Doing so could make the
nails grow into the
surrounding skin region

Proper Foot care – The Dont's

- Do not walk barefoot inside or outside
- Do not apply heat with a hot water bottle or electric blanket
– it may cause burns unknowingly
- Do not sit for long periods of time

Proper Foot care – The Dont's



Barefoot



Electric/Hot water warmer



Sitting long

Proper Foot care – The Dont's

- Do not cut your own corns or callouses.
- Do not use over-the-counter medications to treat corns and warts
- Do not treat in-growing toenails or slivers with a razor or scissors.
See doctor or foot care specialist
- Do not smoke

Proper Foot care – The Dont's



Corns

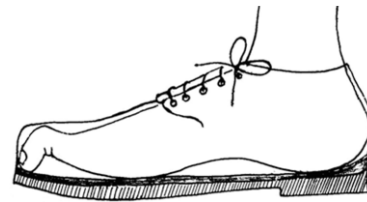


Smoking

SHOES- Do's and Dont's

- Wear good supportive shoes or professionally fitted shoes with low heels (under 5 cm)
- Broad shoes are better than pointed mouth shoes
- Buy shoes in the late afternoon since your feet swell by then
- Essential to check shoes twice a day and shake them out to make sure that there are no small objects in them that cause injury

SHOES- Do's and Dont's



Visit doctor

- Check your feet every day. If you notice any of these symptoms or got any injury in your feet, be sure to visit your doctor immediately

Bunion - This bony bump at the base of the big toe causes that toe to veer toward the others. It throws foot bones out of alignment. Pads to cushion the bunion, custom shoe inserts or surgery may help. One need to wear roomy shoes.

Corns and Calluses - Friction or pressure causes these thick, hard, dead areas of skin. Corns look cone-shaped and point into the skin, usually forming on pressure points from poorly fitted shoes or a bone spur. Calluses tend to spread out more and can appear anywhere something rubs on your skin.

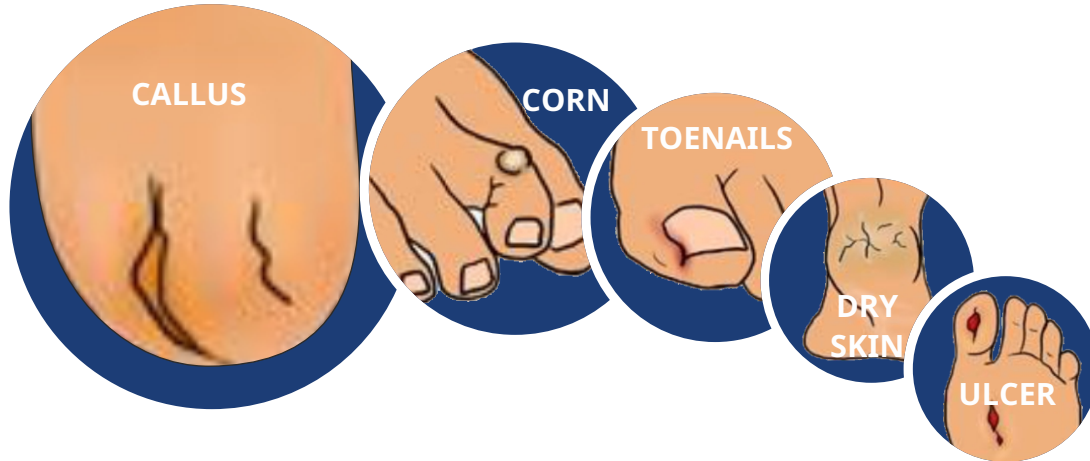
Athlete's Foot - This fungal infection can cause peeling, redness, itching, burning, and sometimes blisters and sores.

Hammertoe - When toe muscles around the joints get out of balance, they can cause painful problems. Hammertoe generally makes the second, third, or fourth toes bend downward at the middle joint

Ingrown Toenail - It's just how it sounds -- a toenail that has grown into the skin. The problem can cause pain, redness, swelling, and infection.

- Your timely visit to doctor; can save many problems later

Visit doctor if you observe any of these signs and symptoms



- Skin color changes: red or swollen spots on the feet
- Swelling of the foot or ankle
- Numbness/pain in the feet or toes
- Hot spots, or areas that are warm to the touch

Foot care to have healthy feet with Diabetes



Look at and touch your feet every day



Keep your feet clean and dry especially between your toes



Never walk bare feet.
Buy new shoes late afternoon



Get your feet examination done by the doctor at least once in a year

