

## Contact your health care provider:

- If you have an unusual increase in blood sugar level
- If you were cut by a rusty or dirty object and have not had a tetanus shot in the past 5 years
- If you believe that you have a foot infection, don't wait! Signs of infection include: an unusual increase in blood sugar level, an increase in redness, sores, warmth, swelling, drainage, odor, pain and/or fever, chills, nausea or vomiting
- If you have had foot sores, loss of feeling in your feet or infections, you should see a foot care specialist



## Notes

## OUR MISSION

AAWC's mission is to advance the care of people with and at risk for wounds.

## DID YOU KNOW?

AAWC has a variety of membership and contribution options. Categories of membership exist for health-care providers and their facilities, but also for wound care patients and their caregivers. In fact, patients, lay-caregivers and layperson advocates receive free lifetime memberships to AAWC!

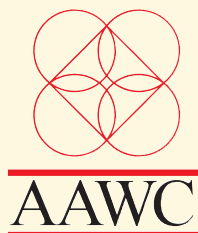
## WOUND CARE PATIENTS NEED A VOICE!

Join today, and encourage your healthcare team to become professional members. For information, to join or to make a charitable contribution, please call or visit:

Toll Free: 866-AAWC-999  
Outside of the US: 610-560-0484  
[www.aawconline.org](http://www.aawconline.org)

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Armstrong, David G, Lavery, Lawrence. Diabetic Foot Ulcers: Prevention, Diagnosis and Classification. Am Family Physician. 1998 Mar 15;57(6):1325- 1332

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# Defend Your DIABETIC FEET



Tips to Help Patients  
Keep Their Feet Safe  
and **PREVENT**  
Diabetic Foot Ulcers

# Stay a step ahead of diabetic foot injury

Taking care of your diabetic feet with these simple steps can help you reduce your risk of foot sores and infections.

If you have diabetes, it is important to have regular checkups and bloodwork to monitor your diabetes control. Follow your health care provider's advice, including:

- Check your blood sugar as directed
- Take your medication correctly
- Follow your recommended diet
- Exercise regularly



## Diabetes, over time, can cause:

- Change of feeling in your feet which increases your risk for injuries
- Decreased circulation, which makes injuries very difficult for the body to heal and may lead to infection and other serious problems
- Change in the shape and padding of the foot which results in increased pressure points. If there is a loss of feeling to the foot, this pressure may not be felt and can cause serious damage

**LUCKILY**, there are some simple things you can do to stay one step ahead of a diabetic foot injury.

## Inspect your feet daily:

- Look for cracks, red spots, blisters, calluses, and other changes in your foot. You might need to use a mirror to see the bottom of your feet. Ask your family to help with daily foot checks
- Don't forget to check between your toes!
- Look for drainage or blood on your socks, shoes or floor every day



Contact your health care provider right away if you find any of these issues. Don't wait!

## Protect your feet:

- NEVER walk around barefoot, even in your own home
- Wear shoes and slippers designed for diabetics that can help protect your feet from pressure points or trauma. Your provider may send you to a footwear specialist that can help find the style of shoes that are right for you. Your insurance plan may pay part of the cost
- Wear white socks designed for diabetics that wick moisture, are free of dyes and pressure points like seams or tight bands
- Inspect your shoes and socks for holes, damage, and replace as needed on a regular basis. Feel inside your shoes and socks DAILY to be sure no foreign objects (like pebbles or buttons) are present



## Care for your feet:

- Dry your feet thoroughly after bathing and be sure to dry carefully between the toes
- If your feet are dry and cracked, talk to your health care provider about using a good moisturizer
- Never try to remove calluses, blisters, ingrown toenails or other defects yourself. Talk to your health care provider about how to take care of these problems
- Don't soak your feet without getting the approval of your health care provider. Ask what temperature and length of time is appropriate. You can easily burn your feet and not know it



**Be sure to tell your health care provider about ALL your medicines: prescription, over the counter and dietary supplements**

