

# TIPS FOR **HEALTHY FEET**

Most people with diabetes can prevent serious foot problems.

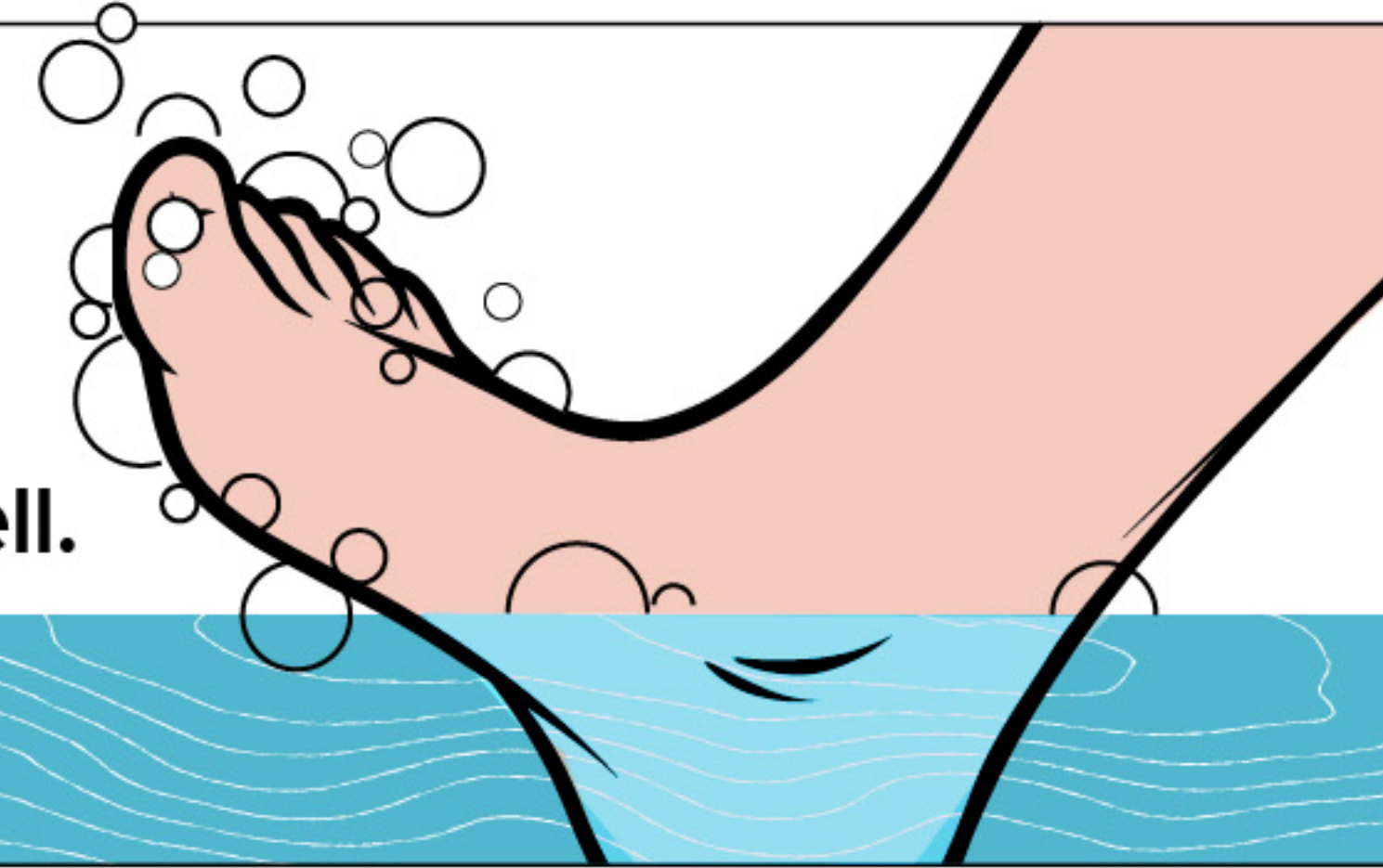
## Check your feet every day

for cuts, redness, swelling, sores, blisters, corns, or calluses.



## Wash your feet every day

in warm (not hot) water and dry them well.

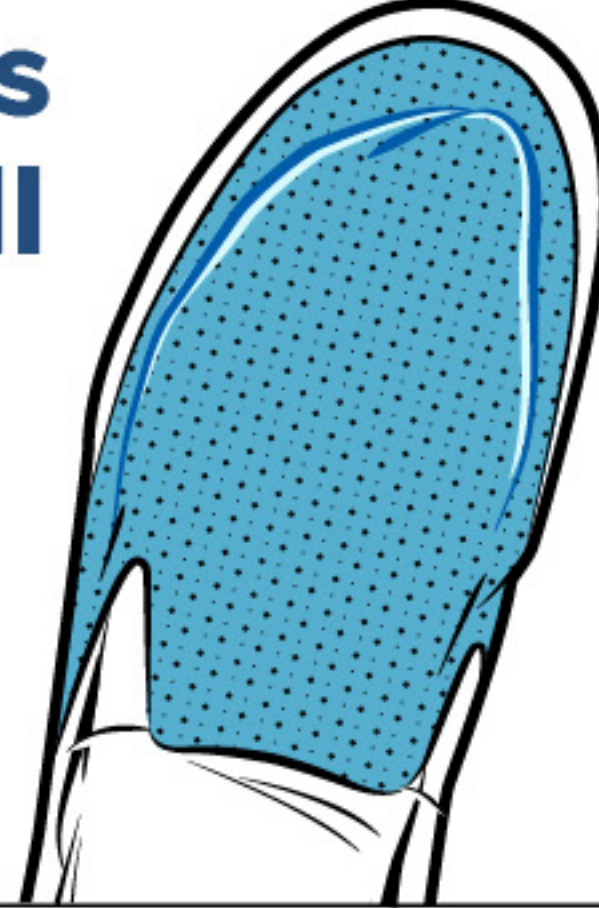


Never go barefoot, even inside.



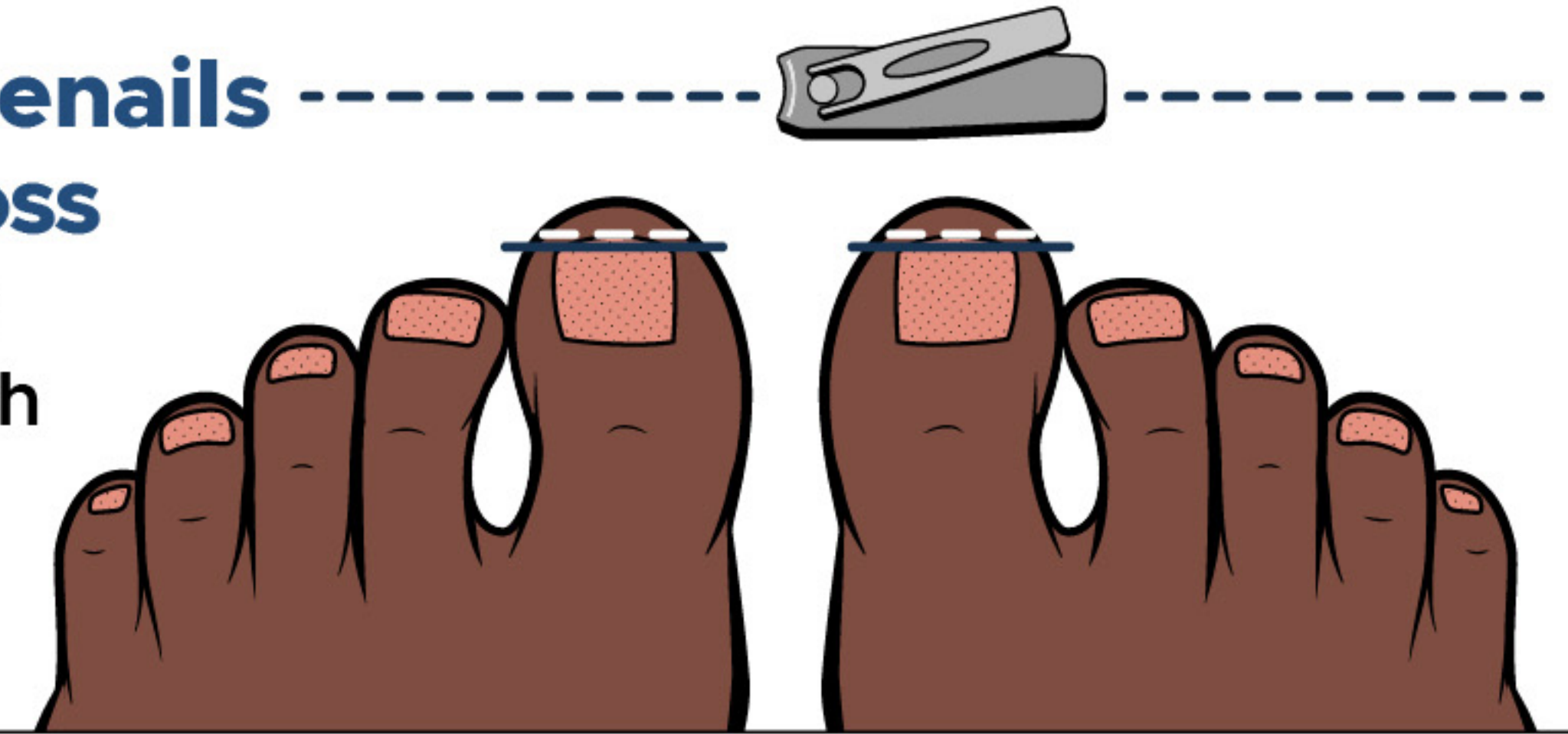
## Wear shoes that fit well

and always wear socks.



## Trim your toenails straight across

and smooth out sharp edges with a nail file.



Don't try to remove corns or calluses yourself.



## Get your feet checked at every health care visit

and visit your foot doctor at least once a year.



**LEARN MORE:** [www.cdc.gov/diabetes/complications/](http://www.cdc.gov/diabetes/complications/)

