

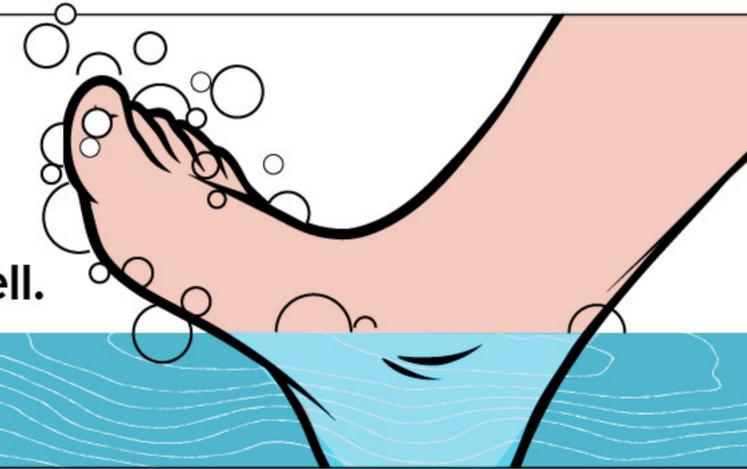
# TIPS FOR **HEALTHY FEET**

Most people with diabetes can prevent serious foot problems.

**Check your feet every day** for cuts, redness, swelling, sores, blisters, corns, or calluses.



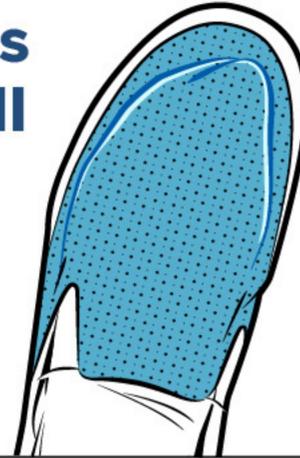
**Wash your feet every day** in warm (not hot) water and dry them well.



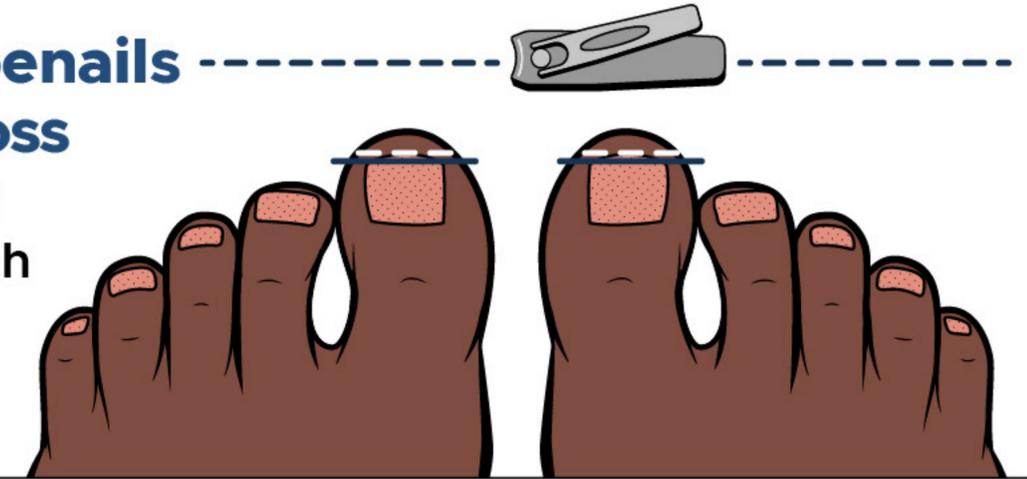
**Never go barefoot,** even inside.



**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/)

