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Foot Care - English

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Description

A simple, illustrated handout explaining foot care for diabetes patients.

Keywords

Diabetes, Foot Care, Patient Education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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Virginia Garcia Memorial
HEALTH CENTER

Protect Your Feet

People with diabetes can develop sores that don't heal, which can lead to amputations. You can prevent this if you follow the rules below.



Keep your blood sugar levels **below 130** in the morning.



Check your feet every day. See your doctor right away if you have a sore on your feet.



Cut your toenails very carefully. Get help if you need it.



Avoid shoes that pinch your toes.



Choose shoes with rounded toes.



Never walk barefoot.