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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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.

1. Cut your toenails very carefully. Get help if you need it.
2. Keep your blood sugar levels **below 130** in the morning.
3. Check your feet every day. See your doctor right away if you have a sore on your feet.
4. Avoid shoes that pinch your toes.
5. Choose shoes with rounded toes.
6. Never walk barefoot.