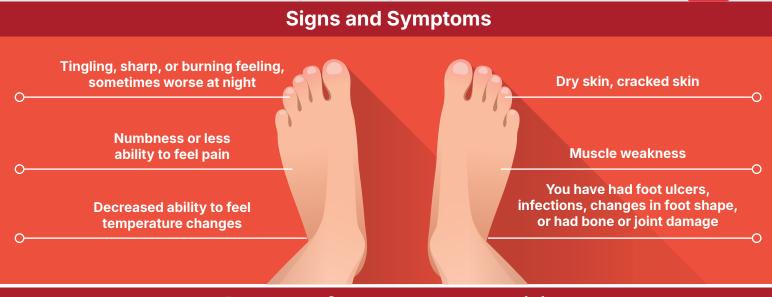




Don't Let Diabetes Get On Your Nerves

The nerves in your feet provide a natural alarm system. Diabetes can shut it off and result in undetected foot problems.





Request a foot exam at every visit

Your health care provider should check for problems with:

- Circulation in your feet
- Toenails and skin
- Any deformities
- Footwear
- Nerves in your foot

foot lesions, discoloration, or swelling as soon as possible to help avoid foot complications due to nerve damage.

Report any

Help keep your feet healthy at home.

	Manage your blood glucose (blood sugar) and true to reach your A10 target	Never walk barefoot (including indoors)
d	try to reach your A1C target	Wear proper fitting shoes and good socks
	Regularly exercise or walk	Inspect shoes inside and out daily before putting on
	🗸 Don't smoke	Do not use corn plasters or wart removal medication
	Moisturize your skin (not	Do not soak your feet in water or with epsom salt
	between toes) Inspect feet daily (visually or by touch, check bottoms and between toes)	Check water temperature of tub or shower with your elbow before entering

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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