

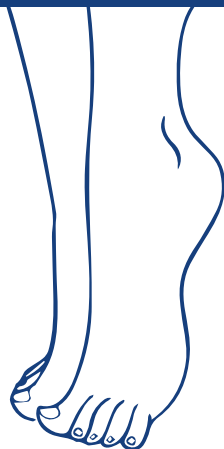
Putting Your Best Foot Forward

Foot Care for Diabetics

Your feet are an important part of your day-to-day life. If you have diabetes, taking care of your feet is especially important. Stay mobile and healthier by understanding the risks and taking care of your feet.

The Dangers for Diabetic Feet

- Nerve damage—known as neuropathy—is common in diabetics and can lead to tingling, loss of sensation, or discomfort in the feet.
- If you have lost feeling in your feet, injuries may go unnoticed.
- Diabetes often causes poor blood circulation to the feet, making it more difficult for a cut or wound to heal.
- Pain in your feet can affect knees, hips, lower back, and other parts of the body.



Important Steps for Foot Care

See a **podiatrist** at least twice a year.



Check your feet daily for cuts, marks, or other irregularities.



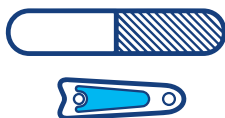
Wash your feet everyday in warm water, then dry them completely.



Apply lotion to your feet, except in areas where moisture can get trapped and lead to infections.



Trim and file toenails weekly.



Elevate your feet while sitting.



Wear thick, soft socks without seams and shoes as a protective barrier to cuts or injuries.



Wear shoes that allow room for your toes to move around.



Don't remove calluses, warts, or corns yourself. Instead, see a podiatrist for removal.



Implement a daily foot care routine with specialized products to keep your feet moisturized and minimize infection risk.



Visit **AliMed** to learn more about our specialized foot care products.