

May is Foot Health Awareness Month: Part Two

People with diabetes are less likely to feel a foot injury, which can lead to serious complications. A good daily foot care routine will help keep your feet healthy.

- Wash feet daily with a mild soap and warm water
- Pat feet dry gently, especially between toes
- Examine feet daily for cuts, scrapes and blisters
- Report skin infections or non-healing sores to health care provider immediately.
- Cut and file toenails even with rounded contour of toes. Do not cut down corners. The best time to trim nails is after a shower or a bath.
- Separate overlapping toes with cotton.
- Avoid open-toe, open-heel and high-heel shoes. Leather shoes are preferred. Wear slippers at home and shoes on the beach. Do not go barefoot.
- Wear clean, absorbent socks that have not been mended. Coloured socks must be colourfast.
- Do not wear stocks that leave impressions, hindering circulation.
- Do not use hot water bottles or heating pads to warm feet. Wear socks for warmth.
- Exercise feet daily either by walking or flexing and extending feet in suspended position. Avoid prolonged sitting, standing and crossing of legs.