

Pairing foot care with diabetes care

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Living with diabetes? Don't forget your feet!

If you're living with diabetes, you know proper foot care is essential to maintaining a comfortable lifestyle. Roughly half of diabetics have nerve damage that regularly occurs in their feet.¹ When coupled with poor blood circulation, you're at an increased risk of developing a foot sore or wound.² With all the work your feet do for you, perhaps it's time to show your feet some love.

Here are a few tips for healthy feet.³

1. **Check your feet daily** for cuts, sores, blisters, corns, calluses or any other change to the skin or nails.
2. **Wash your feet every day** in warm water. Dry your feet thoroughly and apply lotion to the top and bottom—but not between your toes to avoid infection.
3. **Don't go barefoot.** To avoid injury, always wear shoes and socks or slippers with a grip, even indoors.
4. **Wear shoes that fit well.** Avoid calluses and other foot sores by wearing shoes that fit well. Always wear socks with your shoes.
5. **Keep your toenails trimmed** and ensure any sharp edges are smoothed out with a nail file. Consider a professional pedicure if you have a hard time doing this on your own.
6. **Don't remove corns or calluses yourself.** Avoid over-the-counter products to prevent skin burns.
7. **Get your feet checked annually** by a podiatrist (more often if you have nerve damage), including checking for feeling and blood flow in your feet.



Foot care products for diabetics

Because high blood sugar levels have the potential to damage the nervous and circulatory systems, diabetics may have less sensation in the feet and may not be aware of injuries.

Products designed specially to help people with diabetes maintain healthy feet include:

- Diabetic socks are designed to keep feet dry, decrease the risk of foot injury and enhance blood circulation⁴
- Shoes purpose-built for people with diabetes offer protection and stability with a comfortable, seamless interior to protect sensitive feet
- Moisturizing lotions and creams
- Custom orthotics
- Compression socks to support swelling in the feet and legs

Most people with diabetes can prevent serious foot complications. Daily care at home and regular doctor visits may help prevent foot problems.

Consult your doctor before beginning any new diet or exercise regimen.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

Sources:

1. "Diabetes and Your Feet," Centers for Disease Control and Prevention, last accessed April 14, 2023, <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>.
2. "Diabetes and Your Feet."
3. "Diabetes and Your Feet."
4. Elizabeth Woolley, "What Are Diabetic Socks?" VeryWellHealth, last accessed April 14, 2023, <https://www.verywellhealth.com/what-are-diabetic-socks-1087728>.