

Are you living with diabetes?

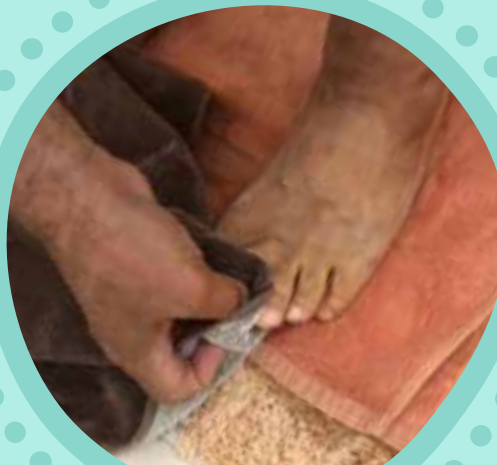
Don't forget to check your feet EVERYDAY!

CLEAN YOUR FEET EVERYDAY



Use soap/body wash and warm water, don't forget between your toes.

DRY YOUR FEET WELL



Dry your feet well. Don't forget to dry between your toes.

HOW DO YOUR FEET FEEL?



Get to know what your feet feel like. FEEL for pins and needles or a reduced ability to feel touch.

MOISTURISE YOUR FEET



Apply moisturiser cream everywhere - not between your toes though.

CHECK FOR CORNS, CALLOUS OR DAMAGE



Use a mirror if needed or ask your family to help. If you see a problem, go and see your healthcare team ASAP.

MAINTAIN TOENAILS



Look after your toe nails once a week - file them or trim them.

WEAR GOOD SHOES



Make sure your shoes fit well and aren't rubbing you.

FOOT CHECK-UPS



Get your healthcare team to check your feet at each appointment. See a Podiatrist at least once a year.

STAY HEALTHY



Take medications, exercise, eat well. Check blood glucose levels. See your health care team at least every 3 months.