



Foot Care for People With Diabetes

Understanding more about *why* and *how* can help you really succeed with your treatment.

People with diabetes have to take special care of their feet. Diabetes can cause many different foot problems. It's possible for ordinary problems to get worse and cause serious complications.

Diabetes may cause nerve damage that takes away the feeling in your foot. Many foot problems happen when there is nerve damage, also called neuropathy. You may injure your foot and not know it. Nerve damage can cause tingling, pain, or weakness in your foot. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection. Changes in the shape of your feet or toes may also cause problems.

You should have a comprehensive foot exam by your doctor at least every year. Have your feet examined during every visit if you have problems with your feet, like loss of feeling, changes in the shape of your feet, or foot ulcers. This page shows some more things you can do on your own every day to keep your feet healthy.

Wash your feet in warm water every day. Test the water with your elbow to make sure that it is not too hot. Don't soak your feet because that can dry out your skin.



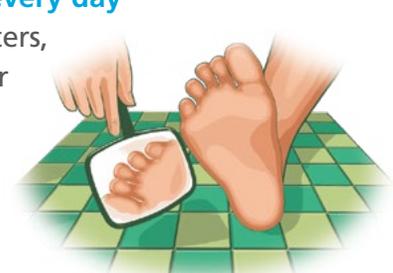
Keep the skin soft with a moisturizing lotion, but do not apply it between the toes. The extra moisture can lead to infection.



Dry your feet well, especially between the toes.



Inspect your feet every day for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, use a mirror or ask someone else to check your feet for you. Report any changes in your feet to your diabetes care team right away.



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Ask your diabetes care team or your podiatrist (foot specialist) how you should care for your toenails. If you want to have a pedicure, talk with your care team about whether it is safe for you.



To avoid injuring your feet, never walk barefoot indoors or outdoors.



To avoid blisters, always wear clean, soft, moisture-wicking socks that fit you. Do not wear socks or knee-high stockings that are too tight below your knee.



Before putting your shoes on, feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet. Let your diabetes care team know right away if you injure your foot.



Always wear shoes that fit well. Break them in slowly.



Don't smoke. Smoking affects blood vessels and can reduce blood flow to the feet. Poor blood flow is a big threat to your feet because they may be less able to fight infection and to heal.



Remember to take care of your feet and tell your diabetes care team right away if there are any signs of foot problems. Always follow your doctor's instructions when caring for your feet.

Visit www.NovoCare.com for additional resources and helpful information! Point your smartphone camera at the QR code for quick access to the website on your phone.



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