

# Foot Problems

## Foot Problems

Foot problems occur more often in people with diabetes, and they can be difficult to treat.

Common problems include:

- Nerve damage, which can result in pain, tingling, numbness, and deformity of the foot.
- Poor circulation, which leads to poor wound healing and increased risk of serious infection. In severe cases, doctors may have to amputate toes or feet.

## Caring for Your Feet

- Trim your toenails straight across or follow your health care provider's guidelines.
- Choose socks that won't irritate your feet, such as absorbent, seamless socks that keep your feet dry.
- Change your socks frequently.
- Wear comfortable, well-fitting shoes. If you have problems with your feet, your health care provider may prescribe special shoes or inserts.
- Before you put on shoes, feel inside to make sure there are no pebbles or rough edges that might hurt your feet.
- Protect your feet by always wearing shoes or slippers, even around the house or at the beach.
- Ask your health care provider to check your feet at each visit. Once a year, request a thorough foot exam, including a test for sensation.

## Daily Foot Care Instructions

- Wash your feet with warm (not hot) water and soap. Dry them completely, especially between the toes.
- If your skin is dry, apply moisturizer, but do not put it between your toes.
- Every day, examine the tops, bottoms, and sides of your feet, as well as between your toes. Use a mirror to help you see the bottoms and sides of your feet, or have a family member assist you.
- Every day, check for sores, cuts, cracks, change in color, blisters, calluses or swelling. If you notice any of these problems, contact your health care provider right away.
- Don't try to take care of foot problems yourself.

