

DO YOU HAVE DIABETES?

14 tips for taking care of your feet

1. Inspect your feet for cracks, calluses, and wounds daily.
2. Be gentle when washing your feet.
3. Moisturize your feet with alcohol free moisturizer-but not between your toes.
4. Cut nails carefully and always straight across.
5. Never trim corns or calluses.
6. Wear clean, dry socks.
7. Avoid socks that are loose or too tight.
8. Protect your feet from extreme temperatures.
9. Shake out your shoes and inspect the inside before putting them on.
10. Keep your feet warm and dry.
11. Never walk barefoot.
12. Slowly break new shoes in.
13. Wear proper diabetic footwear!
14. Get periodic foot exams.



Talk to your pharmacist today and see how they can help!!

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