



### Action Steps for People Living with Diabetes

1. Inspect your feet daily
  - Check your feet and toes every day for cuts, bruises, skin changes, or sores.
  - Check for changes to the toenails (i.e. thickening and unusual colour).
  - Use a mirror to see the bottom of your feet if you cannot lift them up.
2. Exercise
  - Walking can help keep your weight down and improve circulation.
3. Have new shoes properly measured & fitted
  - Foot size and shape may change over time.
  - Buy shoes in the late afternoon as your feet are the most swollen by then.
  - Do not wear over-the-counter insoles - they may cause blisters if not right for your feet.
4. Do not go barefoot
  - Do not go without shoes, even in your own home
  - Inspect shoes prior to putting them on for foreign objects, animal hair, pebbles etc.
5. Wear seamless soft socks
  - Avoid socks with seams that may rub and cause blisters or other skin injuries
  - White socks are best because you will be able to see drainage if you have a cut or sore
  - Change your socks every day
6. Never remove corns, calluses or warts by yourself
  - Over the counter products can burn the skin and cause irreversible damage to the foot for people with diabetes
7. Moisturize your feet – apply cream to the top and bottom of the feet, but **not** between the toes.
  - Wipe off excess lotion
  - Do not soak your feet
8. See your Chiropodist
  - Regular checkups with a Chiropodist– at least annually – are the best way to ensure that your feet remain healthy

**BOOK YOUR APPOINTMENT AT RECEPTION TODAY**

**TOLL FREE 1-844-LMC-FOOT**

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