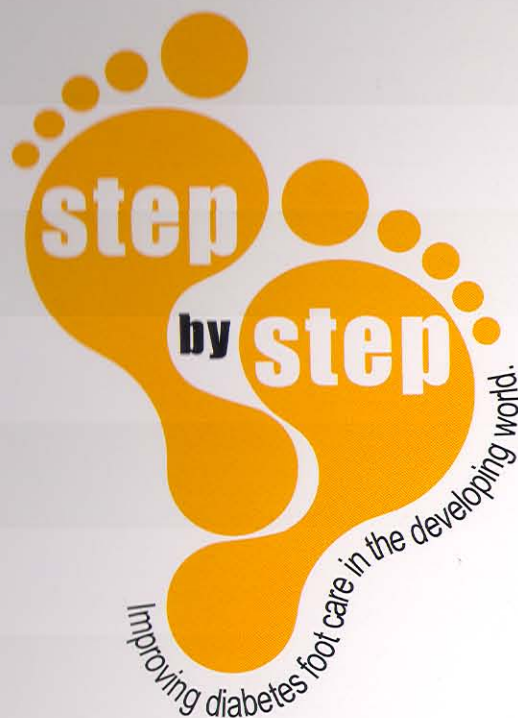


Step-by-step
foot care
for people with
diabetes.





Gain solid ground in diabetic foot care.

Support your feet and they will support you
for the rest of your life wherever you
want to go!!!





Keep it **neat.**
Keep it **clean.**

Treat the wound with care.
Keep the dressing clean.





Panic not. Go to a **doc!**

- **DO NOT** perform any “bathroom surgery”.
- **DO NOT** use a blade or any corn medicine.
- **Consult** a specialist immediately.





**Uncontrolled and unwell too.
With a doc's help get well soon
If you feel:**

- Generally unwell with nausea, vomiting and high temperature.
- Difficulty keeping blood sugar levels under control.





When the **warning bells ring...**

If you notice anything unusual, like these:

- Difficulty in wearing shoes.
- A swelling on part or whole of the foot.
- A cut, open sore or blister.
- Redness or discolouration.
- The foot feels hot.
- Any discharge or unusual smell.

Consult a doctor immediately.





Be **Warned!** **Don't smoke.**

Smoking cigarettes or using tobacco in any other form can increase your chances of developing foot problems.





Check them right. **Keep** them bright.

- Check your feet and soles daily.
- Use a mirror or take your family's help.



Nails can **chip**. Nails can **cut**.

- Chipped nails or improperly cut nails can hurt or cause problems.
- Cut your nails when they are soft - after washing feet or after a bath.
- Use a proper nail cutter.
- Cut nails straight.
- Seek help if you find it difficult to do it yourself.





Wash them right. **Pat** them **dry**.

- Wash your feet after removing shoes.
- Dry with a towel, especially between the toes.
- Avoid accumulation of grime and dirt.



Crackling dry is not so good.

Smooth and **soft** is very good.

- Apply lotion/oil to keep skin soft, but **NOT** between the toes.
- Dry skin can lead to cracked feet.





Socks and shoes.

You need them **both.**

- Always wear socks (preferably cotton). Choose the right pair without tight elastic or holes.
- Use a clean, fresh pair daily.





Brand-new shine. But are they **fine?**

- Buy new shoes in the evening for a comfortable fit and wear them for short periods initially.
- Ensure a broad toe box to prevent crowding of toes.
- Check inside for rough seams.





Slip it on, but **check it first.**

- Always protect your feet with shoes or sandals, indoors and outdoors.
- Before wearing shoes, feel inside for pebbles, sharp objects or rough surfaces.

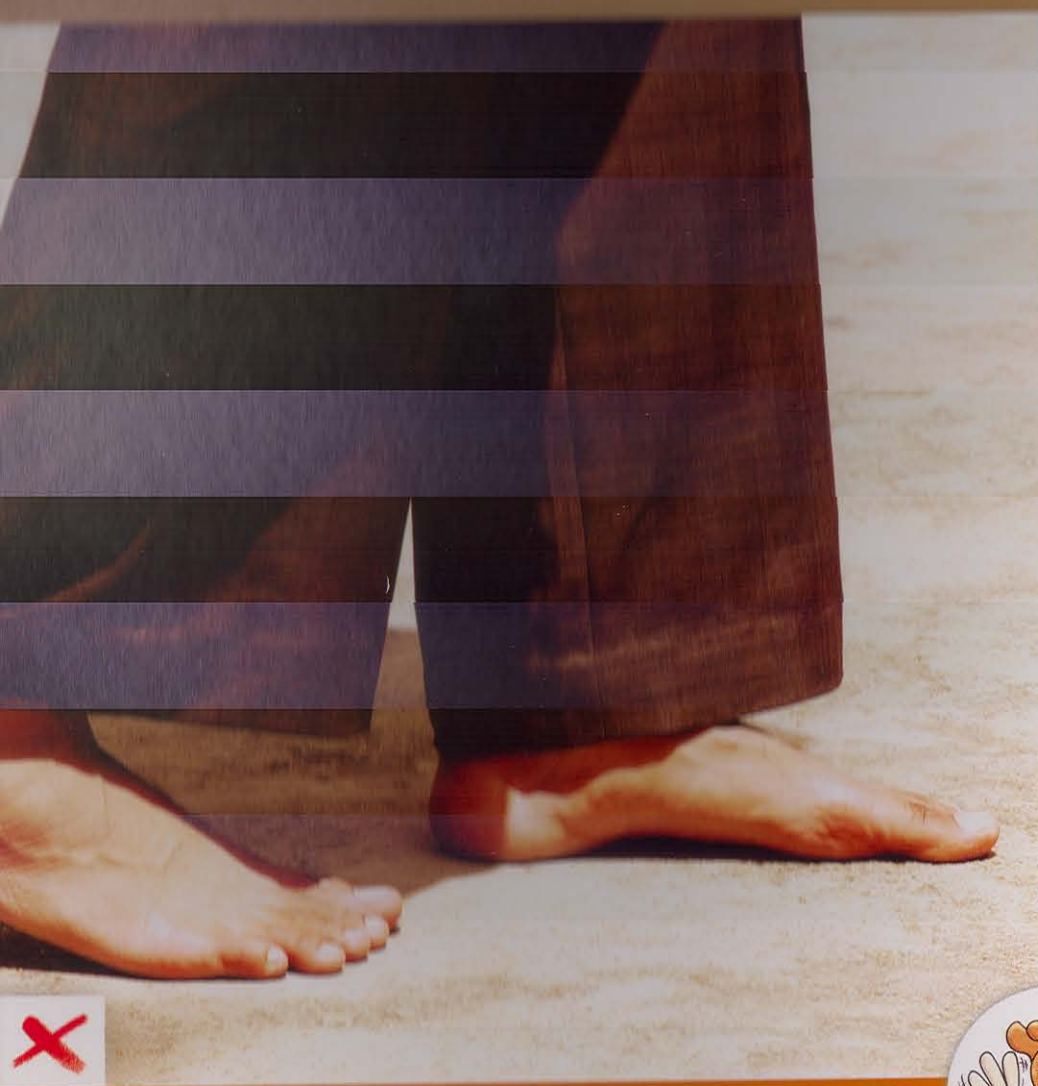




Blisters happen with **thermal heat**.
Therefore you should
protect your feet.

- Avoid contact with hot water bottles.
- Avoid using hot water for bath.
- Be careful not to place your feet on the silencer if you are a pillion rider on a motorbike.





Heat can **blister.**
Shade can **cool.**

- When it is absolutely necessary to remove your shoes, like at religious places, visit the place early morning or late in the evening.
- Hot ground can blister your feet. Avoid it.





Barefoot's a blunder. **Inside or Outside**

- Never go barefoot anywhere.
- You may hurt your feet without realising it.
Until it becomes a problem.



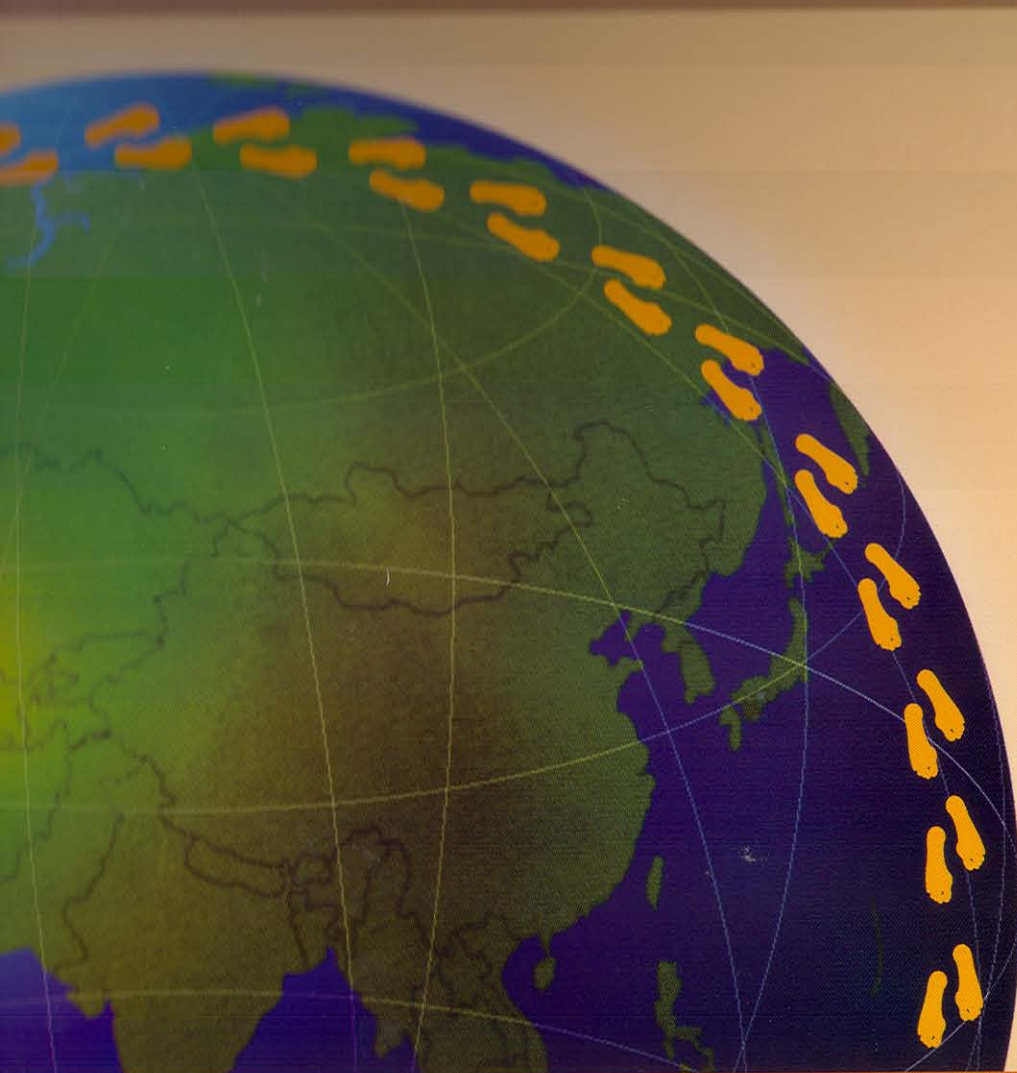


Diabetes makes your feet
vulnerable.

Ensure full mileage
by being **careful.**

- Diabetes makes feet insensitive to pain or injury.
- Cuts and wounds get infected easily.
- Infection may cause tissue damage leading to gangrene and amputation.
- Unlike tyres, you cannot change feet.





That's almost
four times around the
earth in
your lifetime...





Walk this **earth** for
70 years,
cover **100,000 miles***.



* Martin Levin's Textbook - The Diabetic Foot. 6th ed, Chap 9, pg 219.