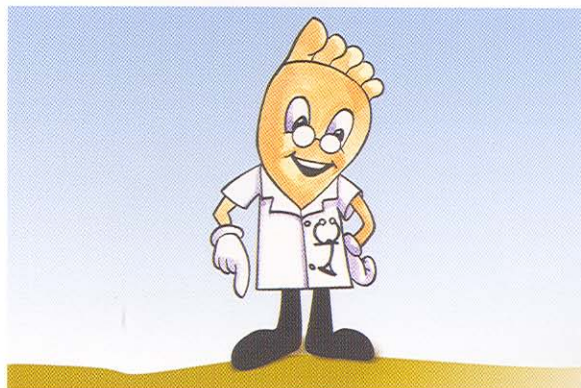


Step-by-Step foot care for people with diabetes.



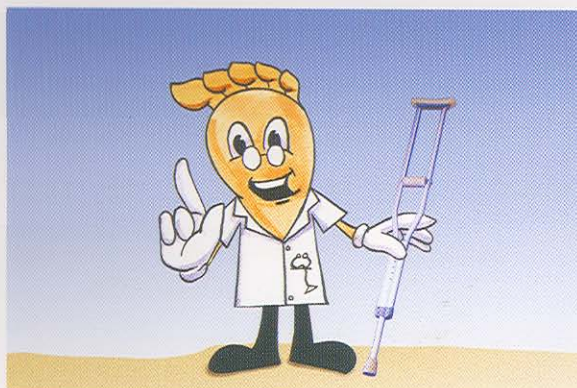
Hi! I'm Dr. Fit Foot. I'm here to tell you how important your feet are.



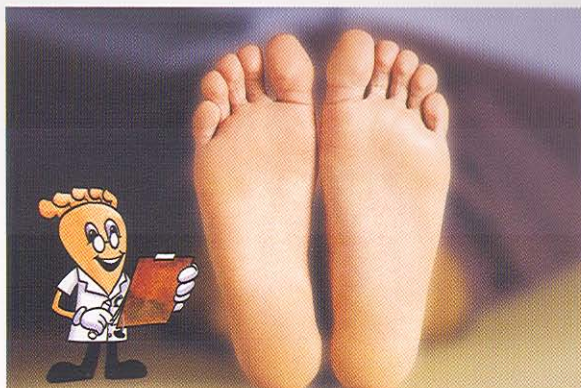
Your feet take you about 100,000 miles in a lifetime. That's nearly 4 times round the earth!



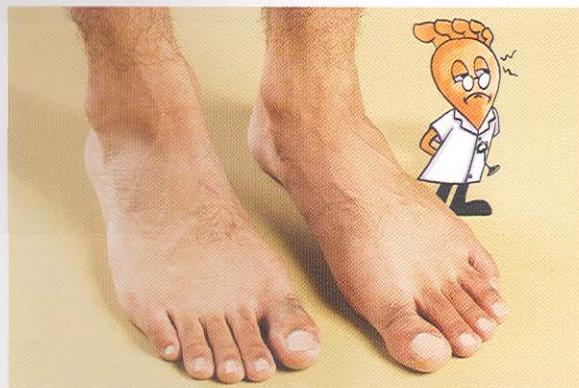
But what would it be like to loose a foot halfway through your journey?



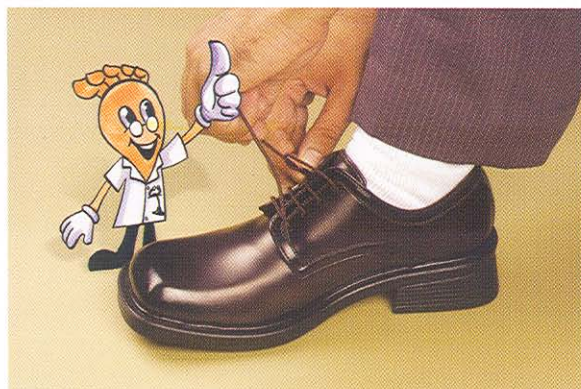
Apart from accidents, diabetes is the leading cause of foot amputation. Neglecting your feet could result in amputation, and maybe cost you your life too.



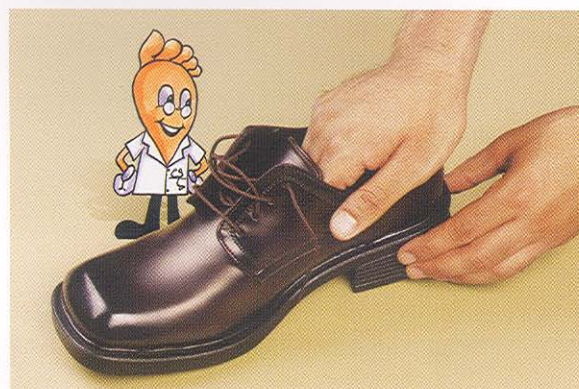
So, if you have diabetes, and want your feet to continue to support you, there are a few things you **MUST** do meticulously.



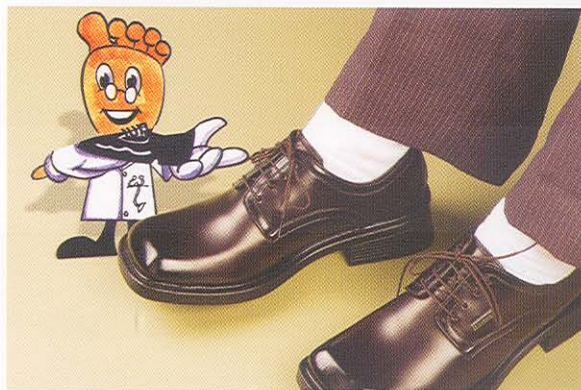
Never go barefoot anywhere, inside or outside.



Protect your feet from injury by always wearing appropriate footwear.



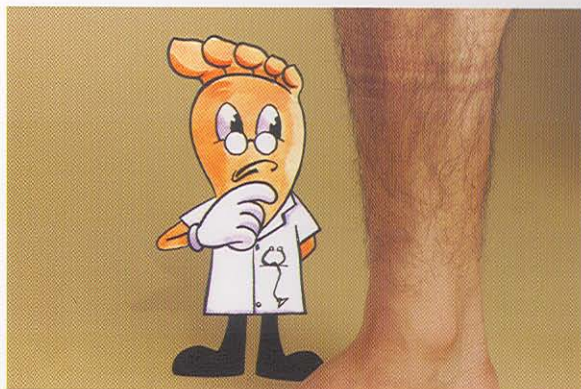
Before wearing them, check the insides of your shoe for foreign objects.



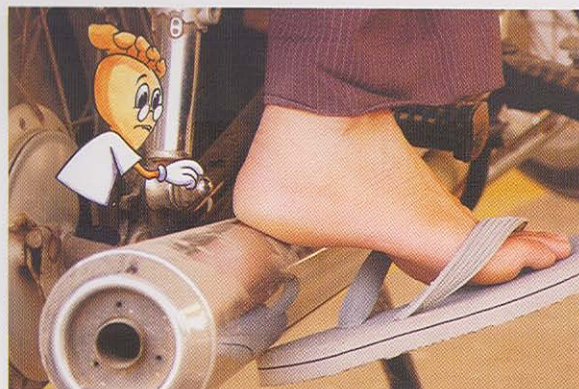
Avoid shoes that are tight or have rough seams. Buy new shoes preferably in the evening. When the shoes are new, wear them for short durations at first.



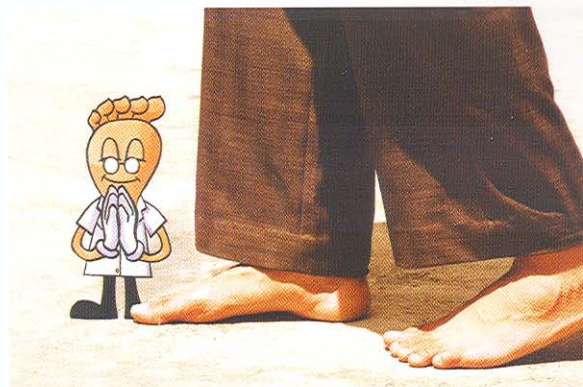
Always wear cotton socks with shoes or sandals. Wash them daily. Make sure they have no holes.



The socks should fit well. Make sure the elastic is not too tight.



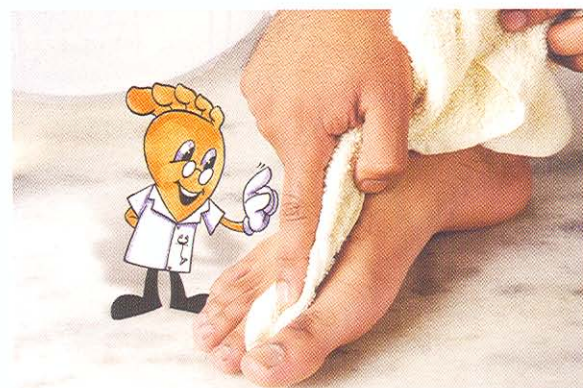
Never place your foot on the silencer of a motorbike or against any heated object such as a hot water bottle or a heater to warm your feet. It could burn your foot.



And when you visit religious places, where you have to remove your shoes, visit them early morning or late in the evening. Save your feet from blistering.



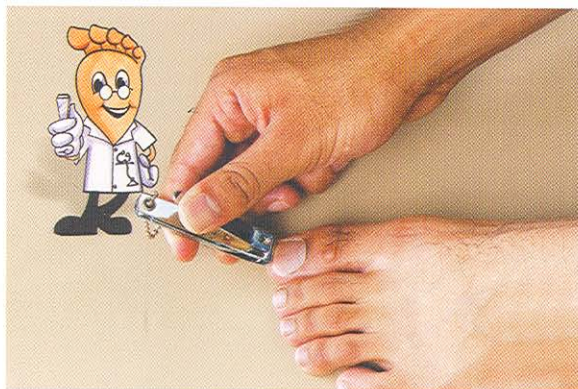
On returning home, always wash your feet with soap and water, especially between the toes. Do not use very hot water to wash your feet.



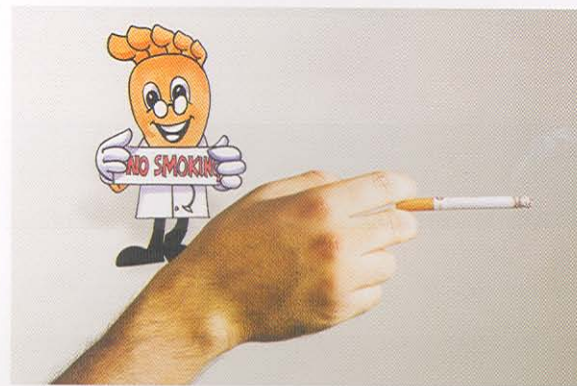
Then dry your feet carefully, even between your toes.



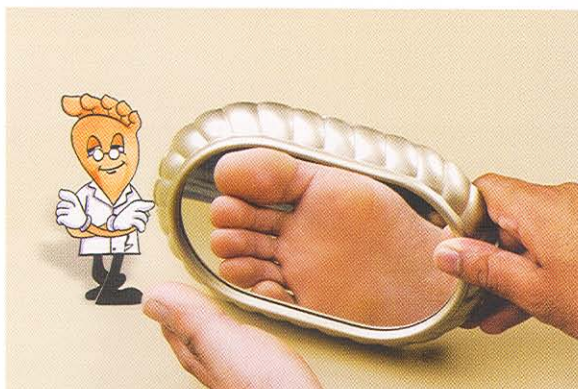
Use lotion/oil to keep skin soft. But don't use it between the toes.



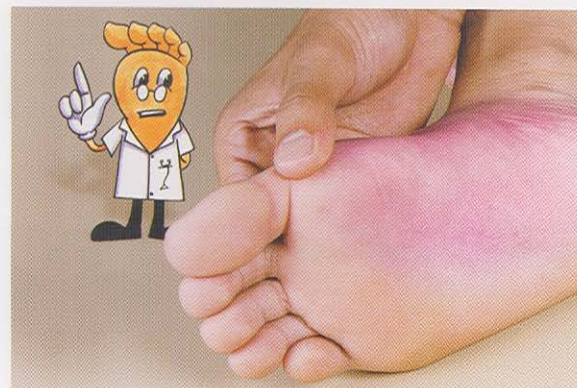
Cut toenails straight across and file the sharp edges. Chipped nails can hurt your skin. And the wound can get infected.



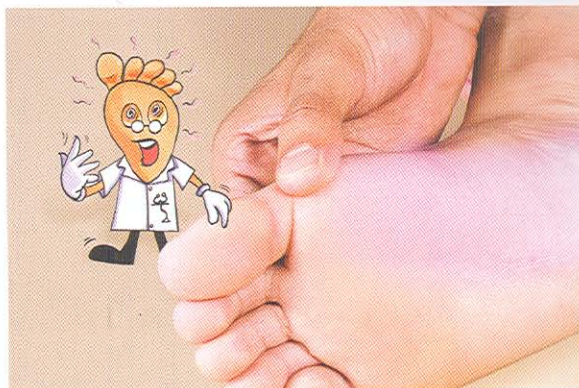
Don't smoke or use tobacco products.



Check your feet daily. Use a mirror or take someone's help if required.



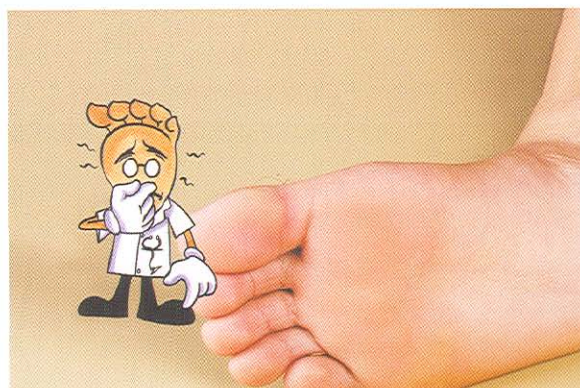
Look for noticeable redness or any unusual discolouration.



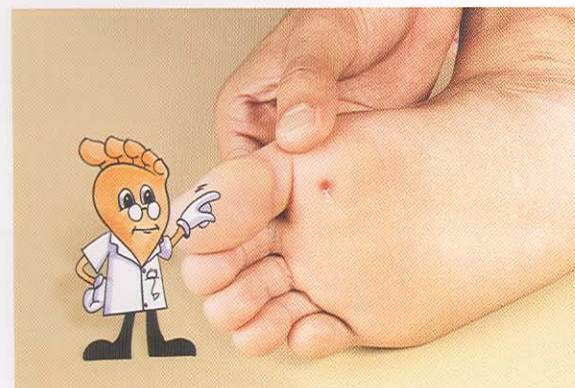
If a part or the whole foot becomes unusually hot...



...there is discharge of any kind from your foot...



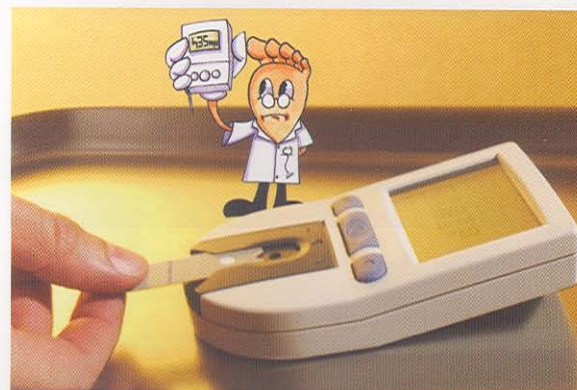
...your feet start to smell bad...



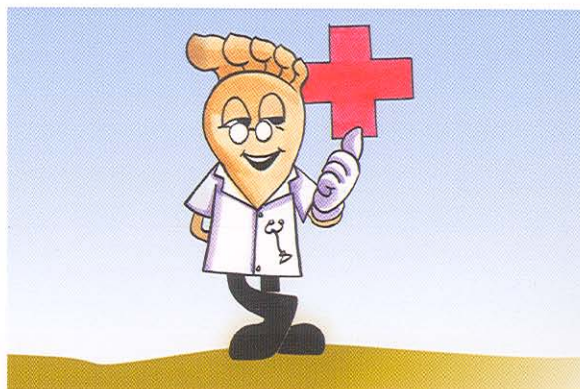
...there is an open sore or blister, or your foot becomes painful...



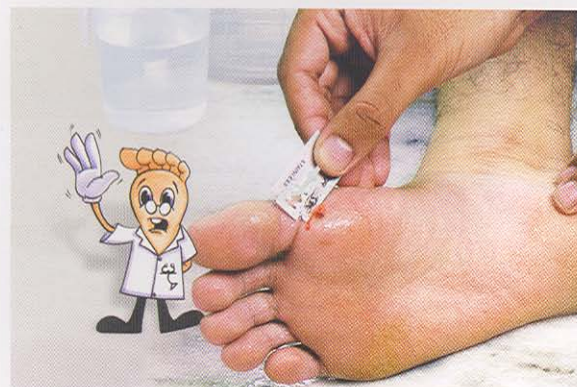
...you become generally unwell and develop nausea, vomiting or high temperature...



...you have unusual difficulty keeping your blood sugar level under control...



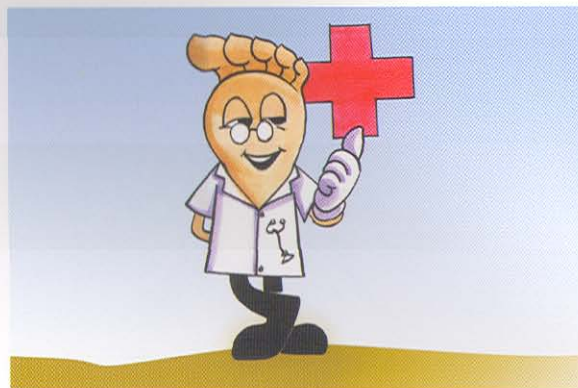
...go to a doctor immediately. In case you notice anything unusual, DO NOT try self-medication.



Don't use corn medicines or blades to perform bathroom surgeries. Do not let unqualified people treat your foot wounds.



Keep wounds covered and the dressing clean.



Take care of your feet. It's your Duty. Take a doctor's help if required. He's there to help you and guide you.

Dos



1. Check your feet daily for cuts, blisters, bruises, colour changes, swelling, ingrown toenails and open sores. Use a mirror or take someone's help if required.
2. Always protect your feet. Wear appropriate footwear, inside or outside. Pricking your feet can cause serious wounds.
3. Before wearing shoes check inside for stones, pebbles, or any other sharp objects.
4. Wear socks with shoes. Make sure they are not tight.
5. Wash socks daily; make sure they have no holes. Never wear knee-highs.
6. Buy new shoes at the end of the day. That's when your feet swell. Make sure the shoes are not too tight and fit well.
7. If you have to remove your shoes, like at religious places, visit the place early morning or late in the evening. Hot ground can blister your feet.
8. Always wash your feet with soap and water on coming back home. Take care to wash between your toes.
9. Dry them carefully after you wash them. Especially between the toes.
10. Use lotion/oil to keep skin soft.
11. Cut toenails straight across and file the sharp edges.
12. Have your feet checked periodically by a doctor.
13. Keep wounds covered with a clean dressing.



Donts

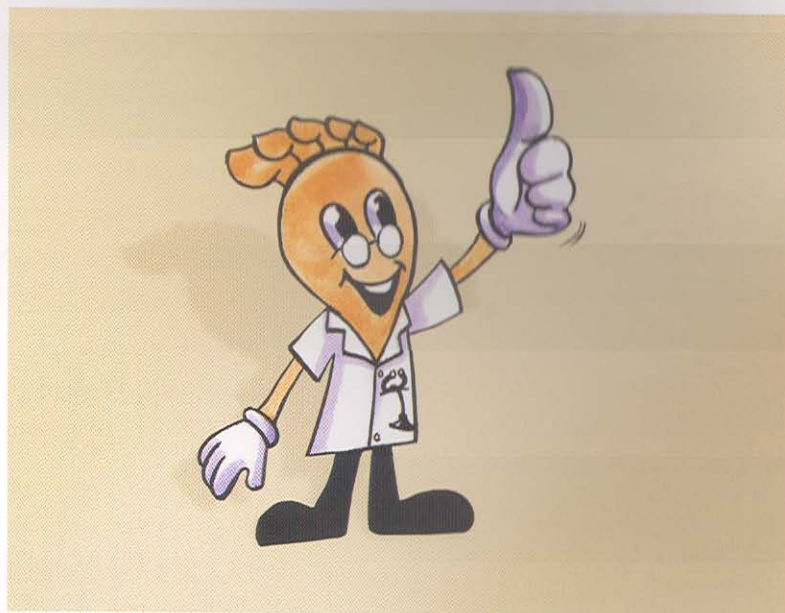


1. Don't go barefoot anywhere, outside or inside.
2. Don't wear tight or torn shoes or shoes with rough and uneven seams.
3. Avoid shoes with narrow toe box, high heels, stilettos or footwear that have straps with no back support.
4. Don't wear tight socks or knee-highs.
5. Don't use hot water to wash your feet.
6. Don't let your feet dry and get cracked.
7. Don't use a heater or hot water bottle to warm your feet.
8. Don't use corn medicines or blades.
9. Don't smoke or use tobacco products.

Warnings



1. Your foot becomes painful.
2. Your foot becomes noticeably red or develops any discolouration.
3. A part or whole of the foot becomes unusually hot.
4. There is discharge of any kind from the foot.
5. Your feet smell bad.
6. Your feet have an open sore or blister.
7. You feel generally unwell with nausea and high temperature.
8. You have unusual difficulty keeping blood sugar levels under control.



Fit feet can take you places. So take care of your feet.

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