TIPS FOR HEALTHY FEET

Most people with diabetes can prevent serious foot problems.

Check your feet every day

for cuts, redness, swelling, sores, blisters, corns, or calluses.



Wash your feet every day in warm (not hot) water and dry them well.





Trim your toenails ------straight across and smooth out sharp edges with a nail file.

Don't try to remove corns or calluses yourself.



Get your feet checked at every health care visit and visit your foot doctor at least once a year

LEARN MORE: www.cdc.gov/diabetes/complications/



The Health Of The Foot

Mike Jess

The Health Of The Foot:

The Enigmatic Realm of The Health Of The Foot: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **The Health Of The Foot** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

https://archive.kdd.org/About/Resources/index.jsp/tax%20planning%20with%20life%20insurance%20second%20edition%202001%202002%20financial%20professionals%20edition.pdf

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