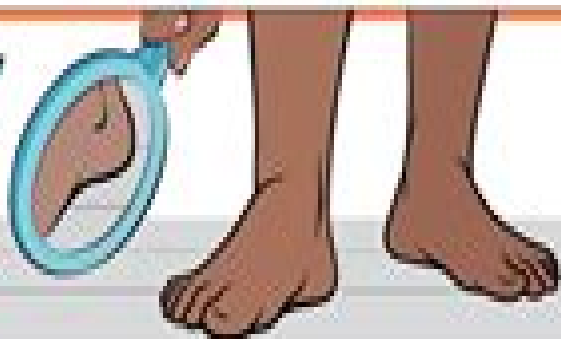


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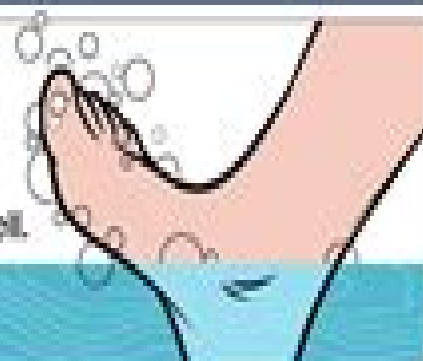
Most people with diabetes can prevent serious foot problems.

**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.

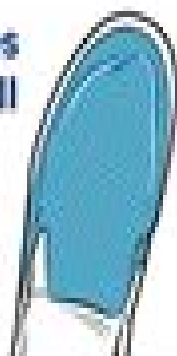


**Never go barefoot, even inside.**



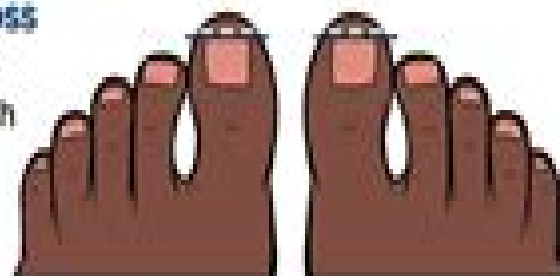
**Wear shoes that fit well**

and always wear socks.



**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



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# The Health Of The Foot

**Simon Piers Gall**



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