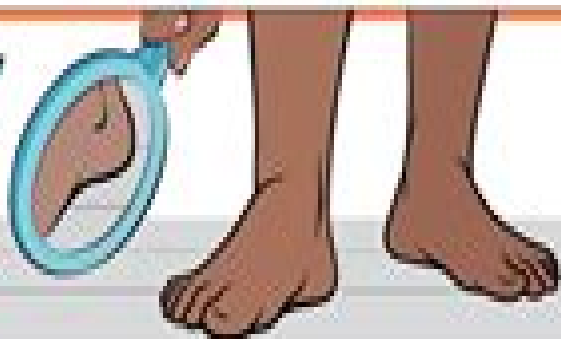


TIPS FOR **HEALTHY FEET**

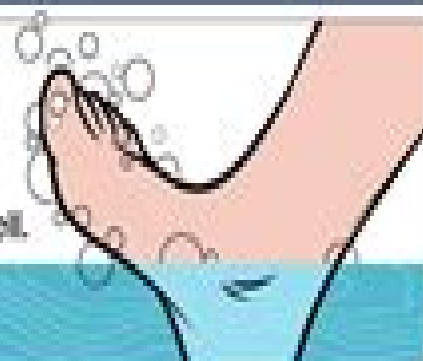
Most people with diabetes can prevent serious foot problems.

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.

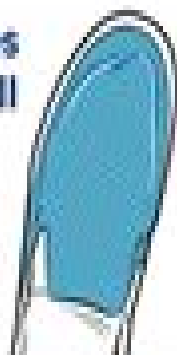


Never go barefoot, even inside.



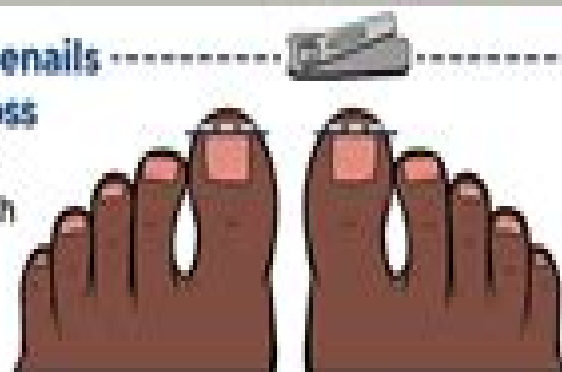
Wear shoes that fit well

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

RJ Shavelson



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