

TAKING CARE OF YOUR FEET IN DIABETES



Wash your feet daily with lukewarm water and soap.



Dry well especially between toes.



Moisturize your feet, but not between the toes.



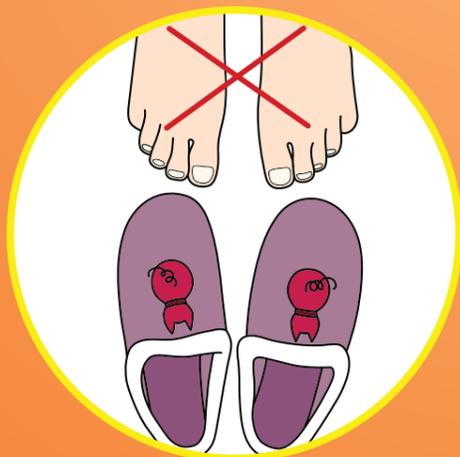
Examine bottom of feet.



Trim toenails straight and across.



Use clean, soft socks.



Never walk barefoot; neither indoors nor outdoors.



Examine your shoes everyday for cracks.



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!