

STEPS FOR HEALTHY FEET

General Health

- Control your blood glucose levels.
- If you smoke, quit or decrease frequency. Ask about our smoking cessation program.
- Exercise daily as directed by your healthcare professional.

Caring for Your Feet

- Look for signs of redness or blisters on your feet. This shows your shoe may not fit properly.
- Wash your feet daily. Dry well, especially between your toes.
- Do not soak your feet.
- Apply a moisturizer to your feet but NOT between your toes.
- If you are unable to reach your toes or do not have feeling in your feet, have a healthcare professional trim your toenails for you.

Footwear

- Shake out your shoes before you put them on.
- Wear shoes at all times, indoors and out.
- Buy shoes with closed toes as they protect your feet from injury.
- Change your socks every day.
- Buy shoes late in the day as feet tend to swell.
- Have your shoes professionally fitted.

MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROFESSIONAL BY ASKING THESE 3 QUESTIONS:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

SIGN UP FOR A FREE MONTHLY HEALTHY FEET TIP

<https://www.woundscanada.ca/for-patients-public>

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

Specific medical concerns should be directly handled by a qualified healthcare professional

CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR INFORMATION ON OUR DIABETIC FOOTCARE PROGRAM

807-274-7741 ext. 1
www.ffht.ca

Info from www.woundscanada.ca

Fort Frances
Family Health Team
of the Fort Frances Community Clinic



DIABETES,
HEALTHY
FEET AND
YOU

KNOW THE SIGNS



TINGLING OR NUMBNESS?



SHAPE AND COLOUR?



CALLOUS OR SORES?



ARE YOUR FEET?

- Numb, painful or tingling?
- Do your feet feel like blocks of wood?

IF YES

CHANGING SHAPE/COLOUR

- Is one foot different than the other?
- Any change is important!

IF YES

DRY, CALLOUSED OR CRACKED? DO THEY HAVE SORES OR BLISTERS?

IF YES

- CONTROL YOUR BLOOD GLUCOSE LEVELS.
- HAVE A HEALTHCARE PROFESSIONAL TRIM YOUR TOENAILS AND CARE FOR THE SKIN ON YOUR FEET.
- HAVE YOUR SHOES PROFESSIONALLY FITTED.

- AVOID TOO MUCH WALKING.
- VISIT YOUR HEALTHCARE PROFESSIONAL AS SOON AS POSSIBLE.
- HAVE YOUR SHOES PROFESSIONALLY FITTED.

- CHANGES TO YOUR SKIN SHOULD BE ASSESSED BY A HEALTHCARE PROFESSIONAL.
- WASH A SORE OR BLISTER WITH WARM WATER; DRY WELL, AND COVER WITH A BANDAGE. SEE A HEALTHCARE PROFESSIONAL TODAY.
- AVOID WALKING ON YOUR FOOT AS IT HEALS.