

## 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

807-274-3287 ext. 1  
[www.ffht.ca](http://www.ffht.ca)

Info from [www.woundscanada.ca](http://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.