



Brought to you by the Holy Family Health Ministry

April is Foot Health Awareness Month

## Diabetes and your Feet

- About half of all people with diabetes have some kind of [nerve damage](#).
- Nerves in your feet and legs are most often affected.
- Nerve damage can cause you to lose feeling in your feet.
- Some people with nerve damage have numbness, tingling, or pain.
- Some people have no symptoms.
- Nerve damage can also lower your ability to feel pain, heat, or cold.

### HOW DIABETES CAN AFFECT YOUR FEET



Diabetes can reduce blood flow and damage nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation.



Learn tips to manage your diabetes at [cdc.gov/diabetes](https://www.cdc.gov/diabetes)

### DIABETES FOOT PROBLEMS: WHEN TO SEE YOUR DOCTOR

Visit your regular doctor or foot doctor if you have any of these symptoms:



Tingling, burning, or pain in your feet.

A change in the color and temperature of your feet.

Dry, cracked skin on your feet.

Loss of feeling or ability to sense heat or cold.

Thick, yellow toenails.

Loss of hair on your toes, feet, and lower legs.

A fungus infection, such as athlete's foot, between your toes.

An ingrown toenail or a sore, such as a blister, ulcer, or infected corn.

LEARN MORE: [www.cdc.gov/diabetes-prevention](https://www.cdc.gov/diabetes-prevention)



*Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills... Psalms 103:2-3*



Brought to you by the Holy Family Health Ministry

April is Foot Health Awareness Month

## 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.

LEARN MORE: [www.cdc.gov/diabetes/complications/](http://www.cdc.gov/diabetes/complications/)

Although the focus has been on diabetes, everyone needs to take care of their feet!

## Foot Health Do's & Don'ts

- ✓ Use toe separators
- ✓ Wear supportive shoes
- ✓ Strengthen arches
- ✓ Moisturize regularly
- ✓ Practice foot stretches
- ✗ Wear tight shoes
- ✗ Ignore foot pain
- ✗ Walk barefoot on hard surfaces
- ✗ Cut nails too short
- ✗ Wear damp socks

*Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills... Psalms 103:2-3*