



Action Steps for People Living with Diabetes

1. Inspect your feet daily
 - Check your feet and toes every day for cuts, bruises or sores.
 - Check for changes to the toenails (i.e. thickening and discolouration).
2. Exercise
 - Walking can keep weight down and improve circulation.
 - Helps to maintain ideal blood sugar levels.
3. Have new shoes properly measured & fitted
 - Foot size and shape may change over time.
4. Do not go barefoot
 - Do not go without shoes, even in your own home
 - Inspect shoes prior to putting them on for foreign objects, animal hair, pebbles etc.
5. Wear seamless soft socks
 - Avoid socks with seams that may rub and cause blisters or other skin injuries
 - White socks are best
6. Never remove corns, calluses or warts by yourself
 - Over the counter products can burn the skin and cause irreversible damage to the foot for people with diabetes
7. Moisturize your feet – apply cream to the top and bottom of the feet, but **not** between the toes.
 - Do not soak your feet
8. See your Chiropodist
 - Regular checkups with a Chiropodist– at least annually – are the best way to ensure that your feet remain healthy

BOOK YOUR APPOINTMENT AT RECEPTION TODAY

**TOLL FREE 1-844-LMC-FOOT
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