



Wyoming  
Department  
of Health

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**Wyoming Healthy Together Program**  
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## Your Diabetes Foot Care Program

Every day you depend on your feet to keep you moving. But when you have diabetes, your feet need special care. Even a small foot problem can become very serious. So don't take your feet for granted. By working with your diabetes healthcare team, you can learn how to protect your feet and keep them healthy.

### Evaluating Your Feet

An evaluation helps your healthcare provider check the condition of your feet. The evaluation includes a review of your diabetes history and overall health. It may also include a foot exam, x-rays, or other tests. These can help show problems beneath the skin that you can't see or feel.

### Medical History

You will be asked about your overall health and any history of foot problems. You'll also discuss your diabetes history, such as whether your blood sugar level has changed over time. Be sure to mention any medications, supplements, or herbal remedies you take.

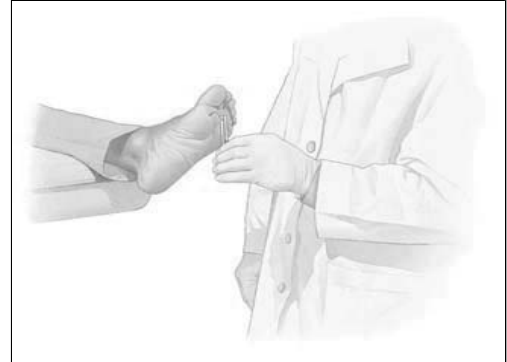
### Foot Exam

A foot exam checks the condition of different parts of your foot. First, your skin and nails are examined for any signs of infection. Blood flow is checked by feeling for the pulses in each foot. You may also have tests to study the nerves in the foot. These include using a small filament (wire) to see how sensitive your feet are. In certain cases, you will be asked to walk a short distance to check for bone, joint, and muscle problems.

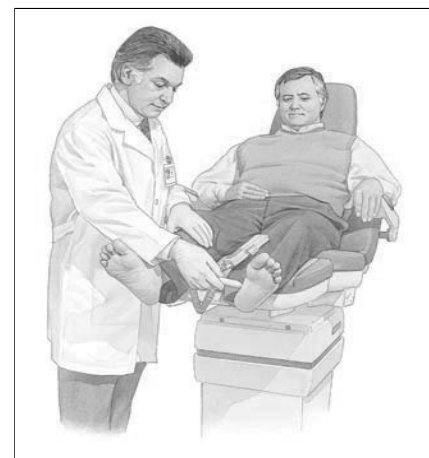
### Diagnostic Tests

If needed, your healthcare provider will suggest certain tests to learn more about your feet. These include:

- **Doppler tests** to measure blood flow in the feet and lower leg.
- **X-rays**, which can show bone or joint problems.
- **Imaging tests**, such as an MRI (magnetic resonance imaging), bone scan, and CT (computed tomography) scan. These can help show bone infections.
- **Other tests**, such as vascular tests, which study the blood flow in your feet and legs. You may also have nerve studies to learn how sensitive your feet are.



**A filament test uses a plastic wire to gently check your sensitivity to light touch.**



**The Doppler test uses painless sound waves to measure the blood flow in your feet.**