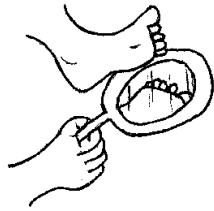


CHECK YOUR FEET



Every Day



Top and Bottom



Look for Cuts, Sores, Blisters, Swelling, Dry Skin, Cracks



Look Between Your Toes



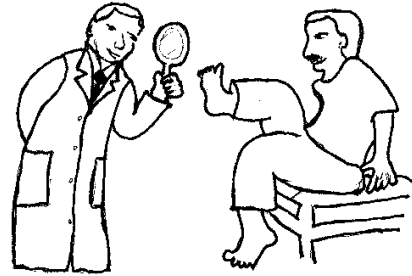
Ask for Help to Check, if Necessary



Call Your Doctor to Report a Problem

SHOES AND SOCKS

Take Them Off!

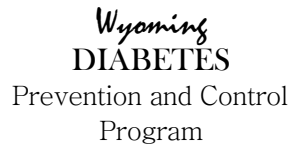


Have Your Doctor
CHECK YOUR FEET

Call 1-888-545-1710

**to enroll in Healthy Together,
A free program for Wyoming
EqualityCare clients.**

To request additional copies of this brochure, please contact:
APS Healthcare, 307.433.0970.



This information is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

Diabetes Foot Care



Your Feet
Need Extra,
Tender, Loving Care!

People with diabetes can develop many different foot problems. Ordinary problems can get worse and lead to serious complications.

Learn how to prevent foot problems.



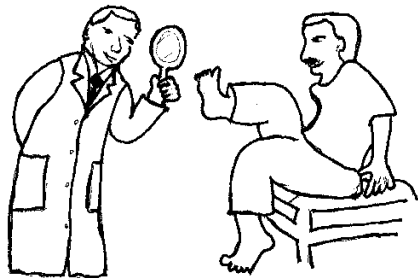
Healthy Together! is a free program for all Wyoming EqualityCare clients. Contact an APS Health Coach for more information and to enroll in the program.

CHECK YOUR FEET

Nerve damage, circulation problems and infections can cause serious foot problems for people with diabetes.



You can avoid potential complications by: controlling your blood sugar following the foot care routine described in this brochure by having your doctor check your feet regularly



When you see your doctor, take your shoes and socks off and have your doctor check your feet.

TAKE CARE OF YOUR SKIN



Check water temperature



Wash feet every day, pat dry with towel and dry between toes



Treat dry skin



Warm cold feet

**HEATING PADS
HOT WATER BOTTLES
SOAKING**

KEEP NAILS TRIMMED



Clip toenails straight across



Smooth edges with an emery board

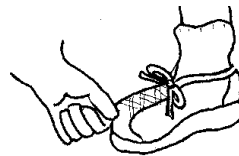
**RAZOR BLADES
KNIVES
SCISSORS**



Have a doctor or podiatrist trim your corn or callous buildup

CORN PLASTERS

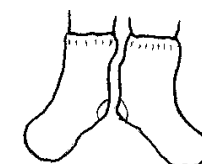
WEAR COMFORTABLE SHOES ALL THE TIME



Shoes that fit protect your feet



Check inside your shoes before wearing them



Wear clean socks every day (no holes, seams, or mended socks)

**PLASTIC SHOES
FLIP FLOPS
POINTED SHOES
BARE FEET**