

Happy Feet



Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office



Important:

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

How To Achieve Happy Feet

Many people with diabetes have problems with their feet.

High blood sugar levels can lead to poor circulation or nerve damage (also called neuropathy).

To prevent serious foot problems and have happy feet, you can follow these basic rules.





Good for your feet

Check your feet every day and look for cuts, bruises, blisters, sores.



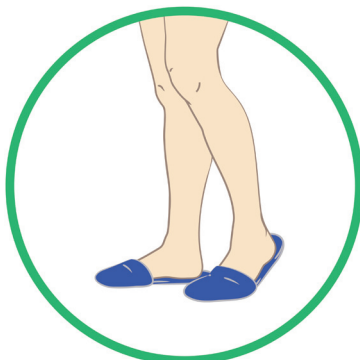
Use a mirror to see the bottom of your feet as well.



Trim your nails straight across. Ask someone else or a podiatrist to trim your nails if your eye sight is impaired.



Always wear slippers at home and wear professionally-fitted shoes.





Good for your feet

Wash and dry your feet every day especially between the toes.



Apply a good skin lotion on your heels and toes, wiping off extra lotion.



Change your socks everyday.



Bad for your feet

Do not walk with bare feet.
Do not wear shoes without
socks.



Do not wear tight knee-high
socks, socks with holes, or socks
which are either too tight or too
loose.



Do not wear shoes which are
too tight ...



... or too big.



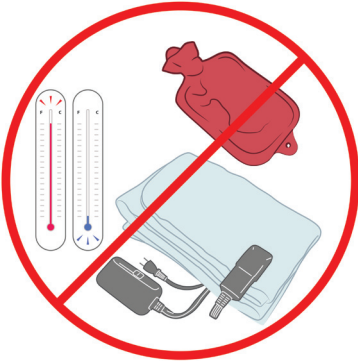
Bad for your feet



Do not wear shoes with heels which are too high.



Do not cut your own corns and calluses, or treat your own ingrown toenails with a razor or scissors.



Do not use hot water bottles, electric blankets.



Do not soak your feet for more than 10 minutes or take very hot baths. Always check the temperature of the water with your elbow before entering a shower or a bath.



Bad for your feet

Do not sit for long periods of time.



Do not smoke.

Smoking increases greatly the chances of developing poor circulation and ulcers in your feet. You lose the feeling in your feet and you may not feel pain.

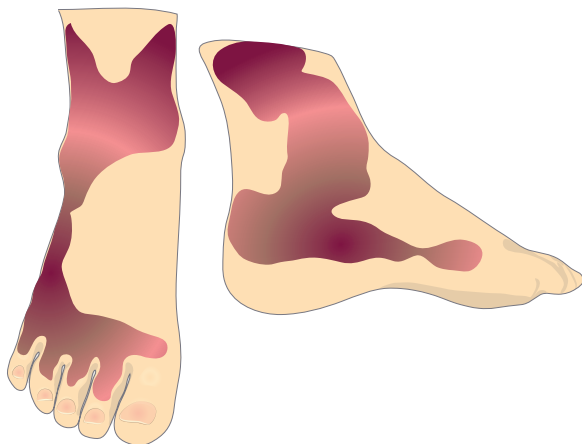


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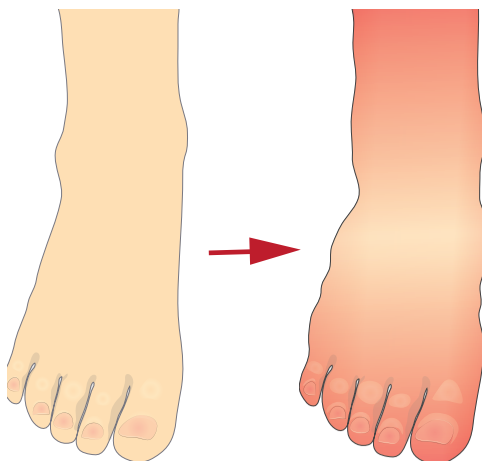
**By following these suggestions you will keep
your feet happy.**

Call your Doctor or Diabetes Educator:

- if you notice anything unusual such as an injury which does not heal.
- if any part of your foot becomes black or blue.



- if you notice any redness or swelling; this could be a sign of infection.



This image shows a blank sheet of white paper designed for taking notes. At the top left, the word "NOTES" is printed in a bold, blue, sans-serif font. A solid red horizontal line runs across the entire width of the page, positioned directly below the header. Below this red line, the rest of the page is filled with thin, light gray horizontal lines, creating a series of uniform rows for writing.

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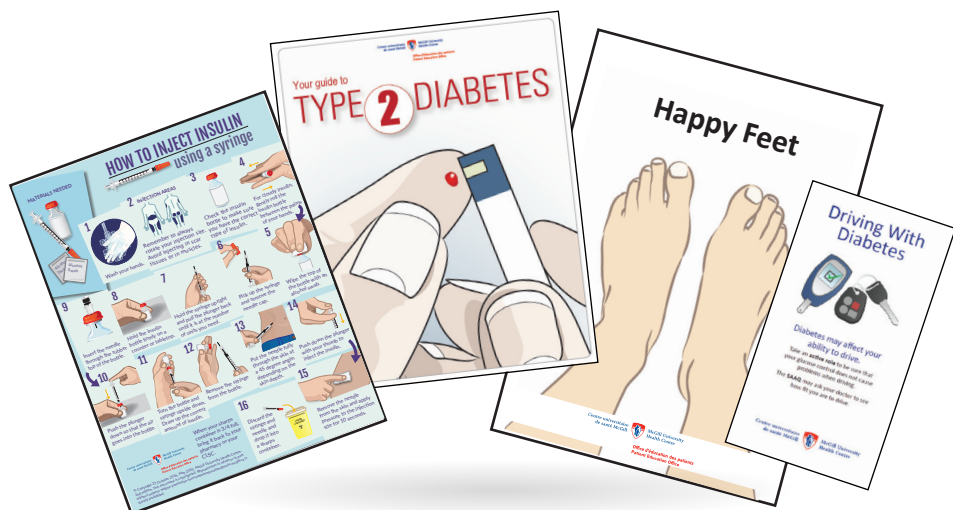
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