



It Is Important To Check Your Feet Every Day

Foot care is an important part of care for people with diabetes. Diabetes can lead to nerve damage. Nerve damage can cause a loss of sensation in your feet. Because of this, any injury to the foot may not be felt. Injuries to the feet may be slow to heal and can become infected. To prevent future problems it is recommended to inspect your feet every day.

When you check your feet:

Look for Color Changes in Your Feet

- ❖ Pale or bluish toe color means poor blood flow.
- ❖ Black skin is a sign of dead tissue.
- ❖ Redness with streaks may be a sign of infection.

Look for Swelling in Your Feet

- ❖ Unusual puffiness, extreme tenderness and noticeable shoe tightness may mean that your feet are not getting enough blood flow.

Look for Change in Temperature

- ❖ If your feet seem to always be cold it may also be a sign of poor blood flow.

Pay Attention to Change in Sensation in Your Feet

- ❖ A feeling of "pins and needles" numbness, tingling, burning or lack of feeling may be a result of nerve damage.

Look for Hot Spots on Your Feet

- ❖ Red or hot spots are caused by friction or pressure. These may also turn into blisters, corns or calluses.
- ❖ Sometimes the type of shoes you wear can cause pressure, which can break down your skin.

Look for Cracks, Sores, and Ulcers on Your Feet

- ❖ These are caused by dry skin, poor blood flow, or too much pressure. If these sores are not taken care of soon enough they may become infected.

Check for Ingrown Toenails

- ❖ Poor fitting shoes or not trimming your toenails straight across can cause ingrown toenails.

Tell your health care provider if you notice any of these changes in your feet!

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