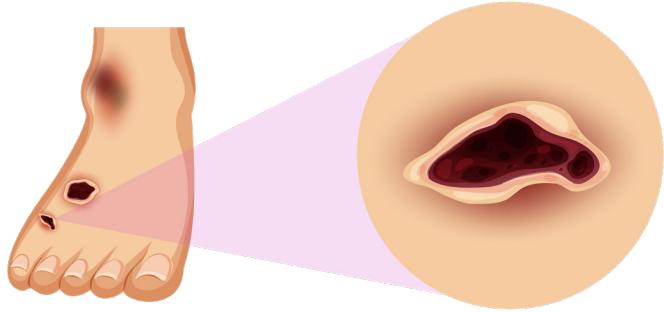


Diabetes often causes loss of feeling in the feet due to nerve damage. When there is less feeling in your feet, it can be easy to miss a small cut or blister because it is not felt. A small cut or scrape can quickly turn into an infection if not treated properly. Following up with your provider as directed and keeping your diabetes controlled (A1c less than 9) can greatly help in keeping your feet healthy. Additionally, there are things you can do daily to help maintain good foot health.

### To maintain foot health and hygiene:

- **Wash your feet** in warm water every day.
- **Dry your feet well**, especially between your toes with a dry, soft towel.
- **Keep the skin soft** with lotion but do not apply lotion between your toes.
- **Inspect your feet every day** for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet.
- **Always wear clean, soft socks** that fit properly to decrease possible skin breakdown.
- **Always wear shoes that fit well.**
- **Avoid injuring your feet**, never walk barefoot indoors or outdoors.
- **Before putting your shoes on, feel the insides** for sharp edges, pebbles, nails or anything that could hurt your feet.



**Diabetic Foot Ulcer**

At Harrisonburg Community Health Center, we strive to do a foot exam every year. But, if you have loss of feeling or foot ulcers, it is important to have your feet examined at every visit.

**Remember to always call our office if you see any new cuts, sores, blisters, redness, calluses or any other changes in your feet that are not getting better or you are concerned about.**