

# Foot Care for People with Diabetes

People with diabetes have to take special care of their feet.



**1 Wash your feet daily** with lukewarm water and soap.



**2 Dry your feet well,** especially between the toes.



**3 Keep the skin soft** with a moisturizing lotion, but do not apply it between the toes.



**4 Check your feet** for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



**5 Use an emery board** to gently shape your toenails straight across. Do not use scissors or nail clippers.



**6 Wear clean, soft socks** that fit you.



**7 Keep your feet warm and dry.** If you can, wear special padded socks and always wear shoes that fit well.



**8 Never walk barefoot** indoors or outdoors.



**9 Examine your shoes every day** for cracks, pebbles, nails or anything that could hurt your feet.

**Take good care of your feet - and use them.  
A brisk walk every day is good for your feet.**

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).

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