



The **MODERATE RISK** Diabetic Foot

It is important for you to take exceptionally good care of your feet. Diabetes is a life-long disease that over time can cause damage to nerves and blood vessels. This can lead to loss of feeling and decreased circulation in your feet.

You have been given this **Moderate Risk** information sheet because your foot examination shows that you have at least one of the following:

- Skin abnormalities. You may have corns, blisters, calluses, etc. (but no broken skin or ulcers).
- Abnormal nails, toes, or foot shape.
- Loss of feeling in your feet (you cannot feel the monofilament).
- Decreased circulation (at least one of your foot pulses is absent).
- Limited movement in your ankles or toes.
- Other _____

How to Care for the “Moderate Risk” Diabetic Foot

- Control your blood glucose.
- Do not smoke!
- Have your healthcare provider examine your feet **every 4 to 6 months**.
- Check your feet everyday. **Watch** for any blisters or sores because **you may not feel them!** Look at the tops and bottoms of both feet. You may need to use a mirror. Check between the toes. If you are unable, have someone examine your feet for you.
- Be very careful when bathing. **You may not be able to feel heat and cold.** Test the water with your elbow in case the nerves in your hands are also affected, or have someone else check the temperature for you.

...Over

How to Care for the “Moderate Risk” Diabetic Foot (cont)

- Wash your feet daily. **Do not soak your feet! Dry well, especially between the toes!**
- Trim your toenails straight across, and smooth the edges with a file or emery board.
- Use a pumice stone daily (on dry feet) to keep calluses under control. **Never try to cut calluses or corns!** See your doctor or foot care specialist.
- **Do not use chemical agents** such as medicated corn plasters. Seek advice from your healthcare provider.
- Apply a moisturizer over the tops and bottoms of your feet **but not between your toes.**
- Cover any blisters with a sterile dressing until healed. Watch closely. If slow to heal, call your doctor!
- Wear socks that have non-elastic tops and are free from bulky seams. Always check inside your socks for any foreign objects or rough surfaces before putting them on. Wearing socks inside out can prevent the seams from rubbing the skin.
- Wear comfortable, well-fitting shoes with cushioned soles. **Have your feet measured before you buy - remember, you may not be able to "feel" if they fit.** Soft breathable materials such as lycra, soft leather, or suede, are best. Choose adjustable footwear with laces or velcro.
- Always check inside your shoes for any foreign objects, rough seams, or ridges before putting them on. Remember, you may no longer be able to feel these things!
- Avoid sitting close to fires and heaters - they can burn your skin without you noticing.
- Do not use electric heating pads, and always remove hot water bottles from the bed before getting in.

If you notice any swelling, warmth, redness, or pain in your legs or feet, see your doctor right away!