



# Foot Care & Type 2 Diabetes Go Hand In Hand

So you have type 2 diabetes. And you've heard how important it is to take care of your feet. But what do your feet have to do with type 2 diabetes?

*Foot problems are common in people with type 2 diabetes.*

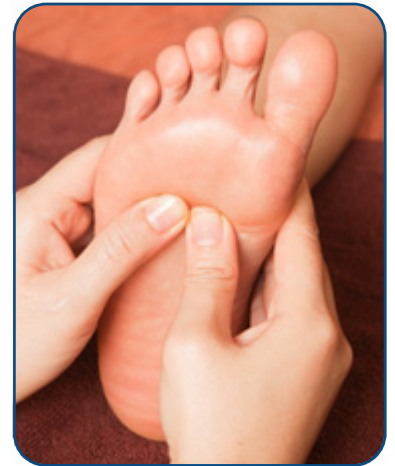
Taking care of your feet is important when you have type 2 diabetes. It's common for people with type 2 diabetes to have foot problems. In fact, these problems are common *complications* of type 2 diabetes.

*What kinds of foot problems can occur with type 2 diabetes?*

Type 2 diabetes can cause many different types of foot problems. Some examples include *athlete's foot*, caused by fungus; *ulcers*, areas of broken skin that look like open sores; and *gangrene*, a severe infection that happens when a part of your body does not get enough blood and causes the tissue in the affected body part to die.

*Foot problems can be severe but are 100% preventable!*

Diabetes foot problems that are not properly cared for can lead to hospitalization—or worse, *amputation*, which means the affected toe, foot, or leg is removed with surgery. The good news—*foot problems are preventable!*



*Follow these foot care tips and work with your healthcare provider to keep your feet in tip-top shape!*

- **Check your feet every day**—top, bottom, and between the toes. Do you see any redness, cuts, swelling, blisters, or sores? Do you have a cut or sore on your foot that is taking a long time to heal? If you answered “yes” to any of these questions, make an appointment with your healthcare provider.
- Make sure your **healthcare provider checks your feet at least once a year**—or more often if you have had foot problems in the past. **Take off your shoes and socks** at your next appointment as a reminder.
- Always tell your healthcare provider if your **foot ever changes color, is sensitive to touch, or hurts**.
- Keep your **toenails trim**. Cut them straight across (not too short) and avoid cutting into the corners to prevent ingrown toenails.
- **Wash and dry** your feet every day
- Always **wear socks and shoes**—don't go barefoot, even at home.
- **Protect your feet** from heat and cold, and wear comfortable, loose fitting socks and shoes
- **Keep moving!** Blood flow is important for healthy feet. So be active! And when you're sitting for long periods of time, wiggle your toes and move your feet to keep all that healthy blood flowing!
- Smoking slows down blood flow to the feet—**don't smoke**



**Remember!**

**Good control of your type 2 diabetes is the key to avoiding complications, including foot problems.** Follow the diabetes management plan your healthcare provider created for you to keep your blood glucose at goal.

And above all else, **keep your feet happy!**

**REFERENCES:** American Diabetes Association. Foot care in diabetes. Available at: <http://www.diabetes.org/living-with-diabetes/complications/foot-complications/foot-care.html>. • American Diabetes Association. Standards of medical care in diabetes—2014. Diabetes Care. 2014;37(suppl 1):S14-S80. • Healthline. Diabetes foot care. Available at: <http://www.healthline.com/health/diabetes-foot-care#Overview1>.

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